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Learning pg 22

Students get taste of Chef's House

Election 2008

Campaign signs big business

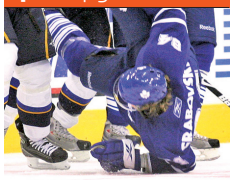
MONEY Larry O'Donoghue wins every election. But he isn't a politician. If you've ever wondered about the thousands of signs advertising candidates and parties that seem to crop up overnight during campaigns, many of those are Larry's. As the owner of O'Dee Display Graphics, O'Donoghue says he's done almost $50,000 worth of business during this short federal campaign. Calculations reveal a lucrative bubble economy created by demand for election signs. With at least four federal candidates in each of the roughly 40 ridings in the GTA, and each candidate needing a conservative 2,000 signs at an average price of $5 each, that's almost $2 million in sales.

TORSTAR NEWS SERVICE

Election 2008 pg 10-11

- National Report by Lawrence Martin
- How the leaders fared in last election
- Dion woos left
- Layton's final message
- May remains hopeful

Sports pg 16



Leafs tumble after big start

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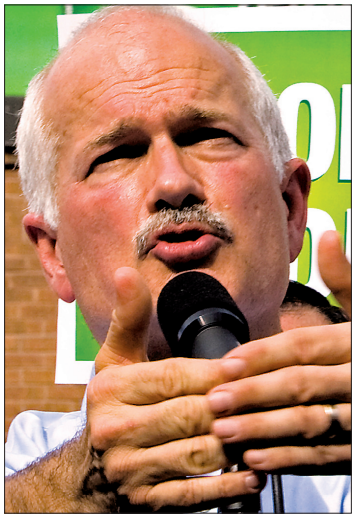

THE CANADIAN PRESS PHOTOS

Party leaders wrapped up their campaigns yesterday with final promises and potshots as Canadians get ready to head to the ballot boxes today. Clockwise from top left, Conservative Leader Stephen Harper, Liberal Leader Stéphane Dion, Green party Leader Elizabeth May and NDP Leader Jack Layton. **More coverage, p. 10-11**

Decision day dawns

Harper makes final pitch to keep prime minister's job

Prime Minister Stephen Harper wrapped up on the West Coast a 37-day campaign marked by economic turbulence and sharp personal shots between rivals that continued to the end.

Election 2008

After a bigger rally in Vancouver earlier in the week, and a big, boisterous gathering on the East Coast earlier in the day, Harper was greeted by smaller, but enthusiastic and pumped-up groups of supporters.

He came to boost his chances of a stronger minority government, if not a majority, when the final votes are counted in British Columbia tonight.

Voting time

- In the GTA, the polls open at 9:30 a.m and close at 9:30 p.m.

At dissolution of Parliament, the Tories held 127 of 308 seats in the House of Commons.

As in stops earlier in Fredericton, N.B., and Cornwall, P.E.I., Harper called Stéphane Dion's Green Shift plan a "stubborn obsession." He declared in Fredericton it would "wreck the economy."

As he did throughout the campaign, Harper, 49, framed the ballot question for voters in stark terms:

"If you want a prime minister who will experiment with the Canadian economy, then give Mr. Dion a mandate to impose his carbon tax. If you want a prime minister who will protect the economy, then I ask you for a mandate."

The larger framing of the economy as his now No. 1 one priority will be a shift for the Harper-led party if he wins another minority government, as polls suggest.

An energetic-looking Harper pushed the message that "there is no guarantee we will win. We need every seat we can get." He stumbled only ever so slightly in his speeches. But he and his aides appear focused. One campaign official suggested the party has hopes now of winning 140 seats or more, but the campaign has shown lots of volatility that has only slightly settled down.

TORSTAR NEWS SERVICE

MORE ON LEADERS, P. 11

Women's deaths shock northeast neighbourhood

The brutal deaths of a church-going grandmother and her daughter on Thanksgiving morning has stunned a northeast Toronto neighbourhood and raised questions, but police are mum on details.

Emergency crews were called to 81 Rotary Dr. near the Toronto Zoo minutes before 7 a.m. where they found bodies of two women. The two women had signs of trauma, said Sgt. Andrew Eckland. A third woman, who neighbours said was the 20-year-old granddaughter, escaped with injuries and is recovering at hospital.

Eckland did not confirm if they were stabbed to death but there were reports a knife was recovered.

A 31-year-old man was arrested soon afterwards from a nearby area, said homicide Det. Ali Ansari.

Ansari said there were no other suspects. "We don't know if this was random," said Ansari.

Shocked neighbours said the three women had moved into the two-storey house about two years ago and were friendly and liked by everyone on the street.

TORSTAR NEWS SERVICE

TORONTO JOB AND EDUCATION FAIR
Thursday, October 23, 2008 · 12:00 – 6:00 pm
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Three arrested after routine traffic stop

Three men were arrested and a loaded handgun seized after a routine traffic stop at Bloor Street and Bathurst Street Sunday. One of the occupants tried to flee, but police quickly arrested him. He was carrying a semi-automatic pistol, police said. TORSTAR NEWS SERVICE

Local

Volunteers help food bank

About 260 volunteers, 60 more than expected, showed up at the Daily Bread Food Bank yesterday — including Michael Ignatieff and his wife who arrived unannounced — to help sort food yesterday. With only a few more days left in the fall food drive, the food bank is still well short of its goal of 500,000 pounds of food and $500,000 in donations. TORSTAR NEWS SERVICE

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Tomorrow's Metro

Workology

A Malvern youth thinks Outside the Box to offer children free music lessons to get them off the street.

metronews.ca

What's online today.

Watch an Elvis impersonator make his third bid for Belinda Stronach's former seat and watch experts break down the election's final opinion polls, predicting a Tory minority at metronews.ca/canada
Play online Sudoku!

Lotteries

Friday, October 10:
Super 7 2, 8, 10, 16, 21, 33 & 46. Bonus 30
Saturday, October 11:
Lotto 6/49 7, 8, 23, 38, 39 & 45. Bonus 47
Ontario 49 7, 16, 23, 28, 33 & 42. Bonus 38
Monday, October 13:
Ontario Pick 3 149
Ontario Pick 4 9714
Encore 4008997
Daily Keno 1, 15, 19, 22, 25, 33, 45, 47, 49, 50, 54, 55, 56, 57, 59, 60, 62, 63, 64, 65.

These results are not official.

News in brief

CRIME A 35-year-old woman reported she was attacked around 11 p.m. Sunday in the Steeles Ave. E. and Middlefield Rd. area. TORSTAR NEWS SERVICE

May I eat my ballot?

When health problems forced Richard Hewett, 68, into hospital, he was told patients could vote only on Oct. 5, 6 and 7.

Not true. His electoral officer made arrangements to collect his ballot today. Answers to such questions can be found at elections.ca or 1-800-463-6868.

Can I vote if I am a Muslim woman covering my face? Yes. You can either reveal your face to a female elections officer, or swear a special oath.

May I eat my ballot? No. Protests such as eating or otherwise destroying a ballot are illegal. If ballots go unaccounted for, results can be contested

What are the regular identification rules? You have three options: Produce one piece of government issued photo ID; produce two pieces of non-photo ID showing your name and address; or have an elector vouch for you.

What if I'm working? Your employer must ensure that you are free for three consecutive hours while polls are open. For example, if your working hours run from 11:30.a.m. to 7:30.p.m., your employer must let you come in late or leave early.

TORSTAR NEWS SERVICE

I am not on the list

- You can still register at a polling station today by proving your identity and address.

Thanksgiving **Feeding the needy**

COLIN MCCONNELL/TORSTAR NEWS SERVICE

Volunteer Madison Soave serves Thanksgiving dinner of turkey and mashed potatoes at the Good Shepherd Centre on Queen Street East yesterday. The centre, which feeds more than 1,300 needy people every year, served more than 900 meals daily this year compared to about 750 daily meals last year.

News in brief

CRIME Three people were killed in a span of four hours in Mississauga this weekend in three unrelated incidents. Hardupinder Gill, 29, died from gunshot wounds to the chest and face. Brandon Paltooram, 19, was stabbed to death. Kamaul Japp, 22, died of gunshot wounds. TORSTAR NEWS SERVICE

Two dead as van plunges into lake

The driver of the minivan that raced to the foot of Bathurst Street and plunged into the lake, killing both occupants, was "really careful … and polite," his father said yesterday.

Colman Leung, 22, was apparently at the wheel at 2:30 a.m. Saturday when the vehicle flipped over several barriers at high speed and fell into nine-metre-deep water. The driver drowned trapped in the van, police said.

Peter Leung said he was told the driver was the youngest of his three sons.

That would mean George Ngo, 22, was the passenger. He escaped the van but drowned as an officer and a witness swam toward him with a life jacket.

Early evidence pointed to "criminality" beyond a traffic offence, police said.

TORSTAR NEWS SERVICE

Riding: Etobicoke-Lakeshore

Election 2008

The seat in this riding is held by Michael Ignatieff, an intellectual and historian who was faculty at both Cambridge and Oxford universities in England and Harvard University.

He returned to Toronto and took a position at the University of Toronto while at the same time vying for the position of Liberal party leader, which he eventually lost. He was voted in as MP in 2006.

Patrick Boyer, Conservative candidate for the riding, is hoping to oust the Liberal member and said his nine years as a member of Parliament for the riding between 1984 and 1993 will help win him the seat.

ROBYN YOUNG/FOR METRO TORONTO

Michael Ignatieff Liberal
AGE: 61
PARTY: Liberal
POSITION: Incumbent for Etobicoke-Lakeshore

"Etobicoke-Lakeshore has a big industrial base. A lot of industrial jobs have been lost in the last two-and-a-half years and we've got to get them back. And it's not just the industrial jobs, there's worry that if we go into a recession, people's employment will begin to be affected. Economic uncertainty is the biggest issue."

Dave Corail green
AGE: 27
PARTY: Green
POSITION: Technical sales representative

"I would work on affordable housing and poverty elimination in Etobicoke-Lakeshore, but I think a more immediate impact would be to open up more youth centres. We used to have them in the Long Branch area and they're no longer around and the community has changed since they got rid of the youth centres. And I think it's important to give our young people something constructive to do with their free time."

Patrick Boyer Conservative
AGE: 63
PARTY: Conservative
POSITION: Author, publisher, lawyer, teacher

"People have my track record from the nine years that I was a hard-working MP and we were dealing with plant closings and we were dealing with adjustments in the economy, we were dealing with worker re-training and major environmental issues."

Liam McHugh Russell NDP
AGE: 28
PARTY: NDP
POSITION: Law school student

"People are concerned about jobs and they're concerned about poverty in the riding and its effect on crime rate. I think that we need to make sure that the economy works for regular people."

Janice Murray
AGE: 57
PARTY: Marxist-Leninist Party of Canada
POSITION: Factory worker

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Stolen goods recovered
Ontario Provincial Police recovered stolen appliances and electronics valued at $45,000 from a residence in Caledon, Ont. TORSTAR NEWS SERVICE

Riding: Thornhill

Election 2008

Campaigning in the riding of Thornhill became a little more interesting this election season when well-known television news broadcaster Peter Kent joined the race as a Conservative candidate.

The 65-year-old ran as a Conservative candidate in the riding of St. Paul's in 2006 and came in second place after Liberal incumbent Carolyn Bennett.

In Thornhill he has another tough-to-beat woman opponent in Liberal incumbent Susan Kadis, who has held the seat since 2004.

The riding covers 79 sq. km, has a population of 131,979 and 95,091 people are eligible to vote.

ROBYN YOUNG/FOR METRO TORONTO

Susan Kadis Liberal
AGE: 55
PARTY: Liberal
POSITION: Former community newspaper publisher and city councillor

"People are worried about their savings, their retirement, their mortgages, jobs, and they want a party and prime minister that have a plan to weather this economic storm. And we do have one."

Norbert Koehl green
AGE: 42
PARTY: Green
POSITION: General manager of an organic bakery

"The biggest issue is public transit. There's a lot of traffic every day and until we make public transit a real alternative for the residents of Thornhill, it's not going to improve. What we need to look more at is improving the quality of life."

Peter Kent Conservative
AGE: 65
PARTY: Conservative
POSITION: Former broadcaster; current senior communications consultant

"In most cases these days people accept that when it comes to leadership, Harper's the hands-down winner and that Stéphane Dion's carbon tax is a very risky proposition, which will raise all prices for consumers and hurt families."

Simon Strelchik NDP
PARTY: NDP
POSITION: Ryerson University student; executive director of Youths Fighting Tobacco

"The most important issue is health care: lack of family doctors, the extra costs in health care, long waiting lists for services, and not enough trained professionals and a lack of funding for the health-care system. And extra charges, which is slowly making our system more like the United States and its private health care."

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Downtown store robbed

A man held a box cutter to the throat of a Hasty Market employee and escaped with cash Sunday morning just as services began at Metropolitan United Church on Church Street at Queen Street East. METRO NEWS SERVICES

Mega plan hits the road

InTransit

Ed Drass
transit@eddrass.com

Public meetings on 'The Big Move'

- "The Big Move" is supposed to be approved by the end of November, and for those with an interest in looking more deeply at the planning process, I've arranged public meetings every Tuesday evening (including today at 5:45 p.m.) at Metro Hall in downtown Toronto. If you wish to be notified of upcoming sessions, e-mail me at: transit@eddrass.com or visit transitforum.ca for details.

When Metrolinx unveiled its historic mega plan for the greater Toronto region just weeks ago, more than one commuter thought, "Oh great, another report. Now stop talking and get on with it!"

For decades our governments have done better at drawing coloured lines on glossy maps than actually building transit routes. But the Regional Transportation Plan, now named "The Big Move," is different — this time commuters, businesses and lobby groups have been sought out for their opinions.

This doesn't mean every proposed transit line or highway in the plan makes sense — a few deserve a great deal more scrutiny. And now is the time to examine the full list of train, subway and light rail projects that could be built over the next 25 years.

As unprecedented as this effort is, the even more historic economic shift occurring now has put pressure on us all. We are now especially obligated to choose cost-effective and strategically smart projects.

During the next few weeks Metrolinx is taking "The Big Move" on the road. In public meetings from Durham to Hamilton citizens will get a chance to talk about their travel needs with transport officials. Register online at metrolinx.ca — and if the meeting times are not convenient there are other ways to state your views.

To ensure some say in the future mobility of you and your family, take the time to download the plan, look at the maps and read as much of the text as you can handle.

Then use the Internet consultation feature at metrolinx.ca — or tell local politicians how you feel.

Quick Tip

Q: How can I compare the transit policies of each federal political party?

Tip: Although the economic situation suddenly casts these pledges in a new light, you can view party positions at transitaction.ca, with commentary by the Canadian Urban Transit Association. For recent articles on the Tories, Grits, Greens and NDP, visit metronews.ca/intransit — and comment on this column, too.

TORSTAR NEWS SERVICE FILE PHOTO

Metrolinx, chaired by Rob MacIsaac, is seeking citizens' input on its regional transportation plan through a series of public meetings.

Ed Drass has a degree in urban studies from York University and regularly rides transit in the GTA.

Preservative under review

Maple Leaf Foods is assessing a recently approved preservative for meat products that inhibits the growth of Listeria following a deadly outbreak linked to one of its plants that's claimed 20 lives across the country.

Health Canada gave the go-ahead on Sept. 20 for food processors in Canada to use sodium diacetate as a preservative in meat, poultry and fish products. When used in combination with sodium lactate, the preservative can curb the growth of Listeria monocytogenes.

Spokeswoman Linda Smith said Maple Leaf is aware of the approval and is "assessing it."

The iconic food producer shut down a meat processing plant in Toronto on Aug. 20 after Listeria contamination was detected and linked to the nationwide listeriosis outbreak. THE CANADIAN PRESS

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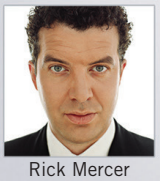
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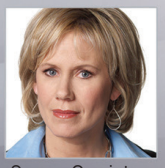
Susan Ormiston

There's no other place to be on Election Night.

CBC News is the only place offering you 360 degree election coverage. Turn to Peter Mansbridge, the CBC News election team, political insiders, pundits and correspondents. They'll set the scene and examine what's at stake highlighting what to watch for as results come in. With CBC News you get your election news full circle - how, when and where you want it. Your vote. Your decision. Your news.

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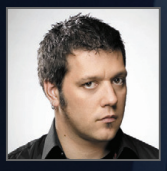
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Led by Michael Enright and Kathleen Petty - and joined by senior political reporters and analysts - CBC Radio One reports the results as polls close across the country.

Up-to-the-minute national and regional election results with detailed riding-by-riding vote counts, plus news and analysis from trusted reporters and your comments. Starting at 10 pm.

cbcnews.ca/canadavotes

CBCnews

Crew members missing in Vancouver

The case of two Bangladeshi men who went missing from a freighter moored in English Bay is now in the hands of the Vancouver Police Department, said a Canadian Forces official, as the body of a third man was discovered yesterday. THE CANADIAN PRESS

Canada

Kidnappers threaten death

Somali kidnappers are threatening to kill Canadian journalist Amanda Lindhout and Australian photographer Nigel Brennan if a $2.5-million ransom is not paid in 15 days, Tehran-based Press TV reported yesterday. Brennan and Lindhout, a freelance television and print reporter from Sylvan Lake, Alta., were kidnapped on Aug. 23 near Mogadishu. THE CANADIAN PRESS

Flaherty backs G7 financial action plan

Finance Minister Jim Flaherty says he strongly supports the G7 action plan to stabilize the world's markets and restore credit flow to stamp out the spreading financial crisis.

Flaherty met in Washington, D.C., last week with U.S. President George W. Bush and finance ministers from the world's top economic powers to find solutions to the spiralling global economy.

On Friday, he and the other G7 finance ministers devised a five-point plan, which includes pumping money into the banking system and get credit flowing again.

He says he expects Canada to ride out the economic storm better than any other G7 nation — and even post modest growth next year.

Flaherty says the federal government will continue to work with its G7 partners and take appropriate steps to support Canada's financial system.

He says Ottawa will take action to avoid any unintended consequences from policy measures by other countries that would put wholesale borrowing in Canada at a competitive disadvantage.

However, Flaherty does not say which steps will be taken.

He also applauds an agreement reached by European leaders to temporarily guarantee bank refinancing to ease the credit crunch, which he says will lead to timely implementation of the G7 agreement. THE CANADIAN PRESS

Snowfall Sign of things to come

TROY FLEECE/THE CANADIAN PRESS

A City of Regina grader clears snow off Broad Street yesterday in Regina, Sask. Residents of Regina woke up yesterday to find between 15 to 20 centimetres of fresh snow that fell overnight.

B.C., feds argue over Olympic security costs

The release of the security budget for the 2010 Winter Olympics is being held up by cost-sharing negotiations between the federal and provincial governments and one critic says that leaves planners with a blank cheque for spending.

Almost a year after the multi-agency force led by the RCMP to oversee Olympic security submitted a revised budget, they are still waiting for word on how much they're allowed to spend.

Without a fixed budget, bureaucratic agencies will take advantage of "the equivalent of a blank cheque," said Chris Shaw, of No2010, an Olympic watchdog group.

The initial budget for securing the Games was pegged at $175 million, but estimates now peg the budget at coming in at as much as $1 billion.

Federal Public Safety Minister Stockwell Day said it wouldn't be inaccurate to say the initial budget will at least be doubled.

Day said the budget hasn't been released because it's not finalized, while the province said the overall number has been set and negotiations revolve around who will be paying for what. THE CANADIAN PRESS

Immigration
Guidy Mamann

Read this week's column at metronews.ca

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Breezes Runaway Bay Resort & Golf Club • 4★
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$1299
Plus taxes & other fees: $259.

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The cost of an election

The cost of the 2006 election was $270 million, slightly less than the 2004 election at $277.8 million. Voter turnout for the 2006 election was 64.7 per cent, slightly higher than 2004 at 60.9 per cent. METRO NEWS SERVICES

Election 2008

One-man rule put to the test

Drama tonight may be in seeing how big or small Tory minority will be

NationalReport

Why did we even bother? That could well be the reaction from Canadians when they see the election results tonight.

Polls suggest it will be the ditto election. A replica of the last one. Conservatives will likely pick up five to 10 seats, but will be left well down in minority territory. The Liberals will lose a few, the NDP will make a couple gains. And everybody can continue to be numbed by our uninspirational leaders and go back to sleep.

If these indeed are the results — the pollsters could be wrong — the big loser will be Stephen Harper. Most everyone expected Liberal Leader Stéphane Dion to have a tough time. And he did. It was his first campaign. But the Harper Conservatives were at 40 per cent in the polls on opening day and ready to romp to the only thing they seemingly ever cared about — winning a majority.

It hasn't happened. This was Harper's third campaign and it was probably his worst. He'll be wondering: Why did I break my own fixed-election date law to call this thing?

The drama tonight will be in seeing how big or small the Conservative minority turns out to be. Harper has been called the Incrementalist because he prefers small steps as opposed to a big vision. But tonight incrementalism won't do. If the Tories win less than 140 seats (a majority being 155) pressure will mount on the PM to step down. If he can't get close to a majority against a weak opposition when, his critics will ask, can he ever do it?

The other number to watch is if the combined Liberal and NDP number of seats exceeds those of the Tories. In such a scenario, they could combine to defeat the government on an early confidence vote. They could then work out some cohabitation agreement and march off to the Governor General and convince her to let them form a government — a loose coalition of some kind.

At least one thing that type of arrangement would do would end one-man government in this country. Harper came to Ottawa as a champion of democratic reform. His most serious weakness — and a reason why he likely won't score the victory he wanted tonight — is that he has become very much the opposite.

People are probably asking: Why did we even bother with this election?

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

Numbers

Parliament Hill

Standings before election call

39TH PARLIAMENT

Conservative — 127
Liberal — 95
Bloc Québécois — 48
NDP — 30
Green — 1
Independent — 3
Vacant — 4

2006 ELECTION RESULTS

Conservative — 124
Liberal — 103
Bloc Québécois — 51
NDP — 29
Independent — 1

METRO NEWS SERVICES

Prime minister's salary has skyrocketed
The salary of the prime minister has jumped 130 per cent over the last 20 years. In 1988, a prime minister made a base salary of $66,600. In 2008, the base salary of a prime minister is $155,400. METRO NEWS SERVICES

Election 2008

Ridings of the leaders – 2006 election results

Stéphane Dion

DISTRICT: Saint-Laurent-Cartierville
Stéphane Dion (Liberal) — 25,412
William Fayad (BQ) — 6,192
Ishrat Alam (Conservative) — 5,590
Liz Elder (NDP) — 3,279
Gilles Mercier (Green) — 1,810
Fernand Deschamps (Marxist-Leninist) — 177

Stephen Harper

DISTRICT: Calgary Southwest
Stephen Harper (Conservative) — 41,549
Mike Swanson (Liberal) — 6,553
Holly Heffernan (NDP) — 4,628
Kim Warnke (Green) —4,407
Larry R. Heather (CHP) — 279

Gilles Duceppe

DISTRICT: Laurier-Sainte-Marie
Gilles Duceppe (BQ) — 26,773
François Grégoire (NDP) — 8,165
Soeung Tang (Liberal) — 6,095
Dylan Perceval-Maxwell (Green) — 4,064
Carlos De Sousa (Conservative) — 3,124
Nicky Tanguay (Marijuana) — 338
Jocelyne Leduc (Independent) — 157
Ginette Boutet (Marxist-Leninist) — 137
Evelyn Elizabet Ruiz (Communist) — 100

Jack Layton

DISTRICT: Toronto-Danforth
Jack Layton (NDP) — 24,412
Deborah Coyne (Liberal) — 17,256
Kren Clausen (Conservative) — 4,992
Al Hart (Green) — 3,583
Marcell Rodden (Marxist-Leninist) — 172

Green party Leader Elizabeth May did not run in the 2006 federal election. She is running in Nova Scotia Central Nova against Peter MacKay (Conservative incumbent), Paul Kemp (Canadian Action Party), Mary Louise Lorefice (NDP) and Michael MacKay (Christian Heritage Party). The Liberals are not running a candidate in the Central Nova riding.

Liberal

Dion attempts to rally the left

CAUSE After 37 days on the high wire of a national leader's campaign, Stéphane Dion appeared relaxed and upbeat as he tried to rally leftist and Green voters to his cause yesterday.

Dion, who conducted a cross-country "whistle-stop" tour on the final lap, seemed relieved to have slowed what was shaping up as a Conservative landslide five weeks ago.

Overcoming a weak, disorganized start, Dion gradually honed his message and improved his wobbly speaking style, culminating in a performance in the televised leaders' debates that did much to repair his image with voters. By yesterday, pollsters were in agreement that Dion, while having only a slim chance at a Liberal victory today, had most likely managed to deprive Conservative Leader Stephen Harper of his coveted majority mandate.

TORSTAR NEWS SERVICE

NDP

Layton's message remains the same

ESTABLISHMENT NDP Leader Layton spent the day yesterday in the Greater Toronto Area, finishing up the election campaign as he started, railing against the establishment, including the big banks and oil companies, and promising to support middle-class and working families.

From St. John's to Vancouver and north to Nunavut, he promised to protect jobs, halt corporate tax cuts, bring in a buy-Canadian policy, concentrate on a fair trade deal not free trade, relax immigration rules, hire more nurses and doctors and bring in a pharmacare program, among other things. The additional spending, he said, would be paid for by the rolling back of a $50-billion corporate tax cut already planned by the Tories.

TORSTAR NEWS SERVICE

Watch experts break down the election's final opinion polls, predicting a Tory win at metronews.ca/canada

News in brief

GREEN PARTY Green Leader Elizabeth May ended her campaign by serving up Thanksgiving prayers and turkey dinners to mainly low-income people in a church basement. It was a fitting campaign finish for a deeply religious woman hoping today for what some observers would describe as a miracle — the election of the first Green MPs. May has little time for naysayers: "The world of pundits is drinking its own bathwater," she says. A would-be Anglican minister, May says she was sustained throughout the campaign by the New Testament words, "Fear not." And she boldly predicts up to eight seats. Two are in Ontario (Guelph and Bruce-Grey-Owen Sound), four in British Columbia, one in Nunavut and one in Nova Scotia — the Central Nova riding where she's in an uphill battle to unseat Defence Minister Peter MacKay, the incumbent for the past 11 years.

TORSTAR NEWS SERVICE

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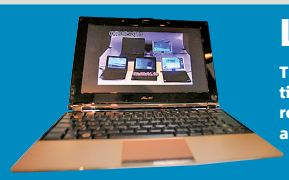
Britain's House of Lords votes against 42-day detention proposal

Britain's House of Lords rejected a controversial plan to extend the amount of time police can hold terror suspects without charge from 28 to 42 days, and the government said it would abandon the proposal. THE ASSOCIATED PRESS

World



Lost hard drive may have personal data

The British government says a missing computer hard drive may contain personal information about 1.7 million people. Defence Minister Bob Ainsworth says much of the data lost related to military recruits, and included details of next of kin, passport and national insurance numbers, and drivers' licence and bank information.

THE ASSOCIATED PRESS

Obama offers proposals to boost failing economy

Democrat Barack Obama proposed more immediate steps yesterday to heal America's ailing economy, including a 90-day moratorium on home foreclosures at some banks and a two-year tax break for businesses that create new jobs.

With the economic turmoil weighing down his Republican presidential rival, Obama also proposed allowing people to withdraw up to $10,000 from their retirement accounts without any penalty this year and next.

"It's a plan that begins with one word that's on everyone's mind, and it's spelled J-O-B-S."
Barack Obama

The candidate said his proposals, with a price tag of $60 billion over two years, can be enacted quickly, either through the government's regulatory powers or legislation that Congress could pass in a special session after the election.

"I'm proposing a number of steps that we should take immediately to stabilize our financial system, provide relief to families and communities, and help struggling homeowners," Obama told a crowd of 3,000. "It's a plan that begins with one word that's on everyone's mind, and it's spelled J-O-B-S."

Obama delivered his economic message in Toledo, a struggling blue-collar city in a state that could be critical to Obama's presidential hopes. Polls show a close race between Obama and Republican John McCain in Ohio, which decided the 2004 presidential election. At stake are 20 electoral votes.

THE ASSOCIATED PRESS

Palin mistakes supporters for hecklers at Virginia rally

CAMPAIGN U.S. Republican vice-presidential candidate Sarah Palin mistook some of her own supporters for hecklers yesterday at a Virginia rally.

A crowd of at least 20,000 spread across the parking lot of Richmond International Raceway, and scores of people on the outer periphery more than 100 metres from the stage could not hear.

"Louder! Louder!" they began chanting, and the cry spread across the crowd to Palin's left.

Palin stopped her remarks briefly and looked toward the commotion.

"I hope those protesters have the courage and honour to give veterans thanks for their right to protest," she said.

THE ASSOCIATED PRESS

Battleground

- Virginia has been solidly Republican for 40 years, but is now an electoral battleground with both sides locked in a very close race for the state's 13 electoral votes.

Southern California wildfire spreads, forces evacuations

FIRES Two wildfires driven by strong Santa Ana winds threatened neighbourhoods near Los Angeles yesterday, killing a man, destroying several dozen mobile homes and forcing evacuations.

Firefighters were struggling with a 1,500-hectare blaze in the San Fernando Valley's northeastern corner when a new blaze erupted at midmorning a few kilometres to the west in mountains above the Porter Ranch area and quickly grew to 300 hectares.

"It is a blowtorch we can't get in front of," said Los Angeles County fire Insp. Frank Garrido.

Fire officials could not immediately estimate how many homes in Porter Ranch were in the fire's path.

MIKE MEADOWS/THE ASSOCIATED PRESS

A firefighter stands by as two mobile homes go up in flames early yesterday morning, north of Los Angeles.

Flames burned furiously at midday just across a road from one development of luxury homes. Fire officials alerted other communities as far south as Malibu.

The fatality occurred at the first fire. The victim was a man who appeared to be a transient living in a makeshift shelter, officials said.

About 1,200 people were evacuated because of the first fire, which was just five per cent contained.

Los Angeles County fire Capt. Mark Savage said 37 or 38 mobile homes were destroyed by that blaze.

Olive View-UCLA Medical Center, the hospital closest to the first fire, evacuated eight of its most fragile patients to other hospitals.

THE ASSOCIATED PRESS

U.S. government, big banks rework bailout package

ECONOMY The U.S. government rushed to revamp the largest bailout plan in American history yesterday, working with the country's biggest banks to get desperately needed credit flowing and sending stocks soaring in response.

Elements being considered for the overhauled U.S. program included not only the details for purchasing banks' bad assets — the major feature of the $700 billion US bailout bill — but also direct government purchases of stock in banks, an idea that Treasury Secretary Henry Paulson surfaced last week.

Another initiative under consideration: Providing government guarantees for the short-term loans banks make to each other, a vital credit avenue that has come under severe stress as fears have mounted over the hundreds of billions of dollars of losses that began with the meltdown of the subprime mortgage market in the United States more than a year ago. THE ASSOCIATED PRESS

News in brief

HIJACKING Relatives of crew members on a hijacked Ukrainian arms ship demanded yesterday that the Ukrainian government stop delaying and pay a multimillion-dollar ransom to the Somali pirates holding the ship. THE ASSOCIATED PRESS

Airfares

Fort Lauderdale	Travel Nov 6 - Nov 13	**$54** + taxes & fees $226
Punta Cana	Travel Dec 1 - Dec 8/wg	**$55** + taxes & fees $298
Vancouver	Travel Oct 23 - Oct 28, 29, 30/wg	**$99** + taxes & fees $203
New York City	Travel Nov 5 - Nov 12/nw	**$135** + taxes & fees $111
Dublin	Travel Apr 30 - May 7/ts	**$199** + taxes & fees $354
Costa Rica	Travel Dec 8 - 15, Dec 15 - 22/wg	**$395** + taxes & fees $198
Bangkok	Travel Nov 4 - Nov 18/ua	**$849** + taxes & fees $427

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Costa Rica 4-Star **$718**
Allegro Papagayo + taxes & fees $243
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Holidays

Orlando Family Special **$199***
Best Western Lakeside + taxes & fees $185
INCLUDES roundtrip airfare and 7 nights 3-star accom near *Walt Disney World* Resort. Departs Oct 24/inf/ts. **BONUS** Gatorland admission included. **ADD** 7-day car rental from $25 per day.

Las Vegas 4 Nights **$299**
Circus Circus + taxes & fees $212
INCLUDES roundtrip airfare and 4 nights 3-star accom located on the Las Vegas Strip. Departs Jan 16/inf/wg. **UPGRADE** to 4-star Flamingo from $15 per night.

Rome City Break **$610**
Hotel San Remo + taxes & fees $359
INCLUDES roundtrip airfare and the first 2 nights 3-star central accom with breakfast. Travel Apr 17 - 25/vat/ts.

Cruise & Tour Holidays

Thailand 11-Day Tour **$359**
Southern Encounter + local payment USD300
INCLUDES all accom, transportation & local guide on this 11-day small group tour of southern Thailand. You will explore the energetic streets of Bangkok, enjoy a walking safari through Khao Sok National Park, sleep in forest huts in the Thai jungle, soak up the sun in Ko Samui and get up close with the marine life on Ko Tao. Departs Oct 25/itp.

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Diamond Princess + taxes & fees $86
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S. Africa's health minister strikes new tone on AIDS
South Africa's health minister has broken away from government AIDS policies, declaring that the disease was caused by HIV. THE ASSOCIATED PRESS

North Korea lifts ban on UN nuclear inspections

North Korea yesterday lifted its ban on United Nations inspections of the plutonium-producing plant it used to set up an atomic test blast and announced it will resume deactivation of a linked facility within days, the International Atomic Energy Agency said.

The moves were revealed in a two-paragraph IAEA document to its 35-member board of governors.

They were a strong indication that the country was making good on its pledge to return to an international deal meant to strip its weapons-enabling nuclear program in exchange for political concessions and energy aid.

Pyongyang announced Sunday it would resume dismantling its atomic program after the United States removed North Korea from its list of states sponsoring terrorism.

THE ASSOCIATED PRESS

U.S. must leave Middle East before talks resume: Iran

POLITICS A top adviser to Iranian President Mahmoud Ahmadinejad said Saturday that Iran would hold talks with the United States only if its forces leave the Middle East and Washington ends its support for Israel.

The United States and Iran have had no diplomatic relations since Iranian students stormed the U.S. Embassy in Tehran in 1979 and took hostages.

THE ASSOCIATED PRESS

News in brief

INVESTIGATION Thai riot police used a cheap Chinese tear gas that contained an explosive powerful enough to blow off limbs and feet to disperse crowds of anti-government protesters last week, an investigator said. Three died in the clashes with police. THE ASSOCIATED PRESS

Peru **Police incinerate four tons of drugs**

MARTIN MEJIA/THE ASSOCIATED PRESS

A man carries a bag containing cocaine yesterday while two officers stand on guard during a drug incineration at a police base in Lima, Peru. Police incinerated four tons of drugs, including cocaine, marijuana, opium and heroin, seized over the last two months.

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MCC 893653-3375B HFL 10/08

Dutch government pledges $273 billion US in loan guarantees to banks
Prime Minister Jan Peter Balkenende said yesterday the Netherlands will guarantee $273 billion US in loans between banks to help ease the financial crisis — part of proposals agreed Sunday in Paris with governments sharing the euro currency. THE ASSOCIATED PRESS

Business

Critic of Bush wins Nobel

Paul Krugman — a 55-year-old Princeton University scholar, New York Times columnist and a harsh critic of U.S. President George W. Bush — won the Nobel prize in economics yesterday for his analysis of how economies of scale can affect international trade patterns. THE ASSOCIATED PRESS

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

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Wall Street rebounds

Soars 938 points as government pledges aid

Wall Street stormed back yesterday from last week's devastating losses, sending the Dow Jones industrials soaring 938 points after major governments' plans to support the global banking system reassured investors.

The Dow outstripped its previous record for a one-day point gain, 499, reached during the waning days of the dot-com boom in 2000. All major indexes rose about 11 per cent.

The Wall Street surge will be good news for the Canadian stock market, which was closed yesterday for the Thanksgiving holiday. Last week, the TSX lost more than 16 per cent of its value, one of the worst weeks ever for the Canadian market.

The hope on Wall Street was that the market was finding a bottom after eight sessions of losses that sent the Dow down nearly 2,400 points. But while a rebound had been expected at some point, investors can expect to see back-and-forth trading in the coming days and weeks as investors work through their concerns about the banking sector, the stagnant credit markets and the overall economy. THE ASSOCIATED PRESS

Long recovery

•When the market crashed Oct. 19, 1987, sending the Dow down 508 points to 1,738.34, it took 15 months for it to get back to its pre-crash level, and two years – Aug. 24, 1989 – to reach a new closing high, 2,734.64.

GM to shut down two more plants

AUTOMOTIVE General Motors Corp. told workers it will close an assembly plant in Janesville, Wis., in December and a metal stamping operation in Grand Rapids, Mich. by the end of next year in moves that will eliminate more than 2,500 jobs. But a top Canadian union official says the automaker has not indicated any plans for an early closure of a truck operation in Oshawa. TORSTAR NEWS SERVICE

Lending squeeze could prove setback for clean energy plans

A squeeze in lending and fears that a global recession will continue to push down fossil-fuel prices could prove a major setback for the development of clean energy and deployment of green technologies.

"Money will only flow to the best deals," said Nicholas Parker, chair and managing partner of the Cleantech Group, which pioneered "clean technology" as an investment category back in 2002.

In Ontario, which has hundreds of small to large clean-energy initiatives at various stages of development — everything from farm-based biogas systems to massive solar farms to industrial-scale ethanol plants — there are fears that some projects will grind to a halt as lenders grow more discriminating. TORSTAR NEWS SERVICE

Saudi to build tallest building

CONSTRUCTION Saudi billionaire Prince Al-Waleed bin Talal says he will build the world's tallest building in Jidda, Saudi Arabia. More than a kilometre high, it will be part of a larger project that will cost $32 billion and span 23 million square metres. THE ASSOCIATED PRESS

Business in brief

ENERGY Oil prices rebounded from a 13-month low yesterday, pushing above $81 US a barrel after the dollar weakened and investors trickled back into financial markets. Light, sweet crude for November delivery rose $3.49 to settle at $81.19 a barrel on the New York Mercantile Exchange, after earlier rising as high as $82.52.

MERGER TALK The chief executive of Chrysler said yesterday his company has spoken with outside parties interested in working with the Dodge and Jeep maker. News surfaced over the weekend that Chrysler and General Motors Corp. have held preliminary talks about an acquisition or other combination of the companies. THE ASSOCIATED PRESS

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METRO NEWS SERVICES

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Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Knowing the good from the bad and the just plain ugly

Yes, it's OK to have debt — so long as it's the right kind

Let's be real — most of us carry some form of debt. These days we all seem desperate to understand how to manage our debt, pay it down, and get rid of it all together.

Just last week in New York, while promoting our new book, The Smart Cookies' Guide to Making More Dough, we were asked if it was ever OK to have debt.

Our answer, of course, was "Yes, if it's 'good' debt." There's good debt, there's bad debt and then there's just plain ugly debt. Being a smart cookie means you can differentiate between all three.

The good

Good debt is investment debt that creates value. Some examples include mortgages and student loan or business loans.

Many students head off for school with their first credit card in hand, and if they're using that card to purchase items that will further enhance their education then that's an investment and that's considered good debt.

Credit cards can be a great tool if you are mindful about not only which cards you carry but what the interest rate and terms are.

The bad

Bad debt is purchasing something that goes down in value immediately after you swipe your card. If that same new student is racking up her card on shoes and a designer bag to tote her textbooks around in, then, well, that's bad debt.

Many of us fall into the trap of carrying consumer debt on our cards that ends up costing us more then what the item is worth by the time we are done paying interest.

"Good debt is investment debt that creates value. Some examples include mortgages and student or business loans."

The ugly

Store credit cards and points cards can carry the highest interest rates out there. We get sucked in to thinking we are going to be saving 10 to 20 per cent up front if we open up a new card. However, if you don't pay the balance in full at the end of every month your savings are destroyed by the high interest rate on the card.

When you pay by credit card, it's far too easy to spend more than you can afford. Every month that you are only making a partial payment on your credit account, you are charged interest.

The item you purchased continues to lose value, and the amount you paid for it continues to increase.

The bottom line is that if you're going to buy something that doesn't go up in value and you can't afford to pay cash — or to pay your card off in full every month — then you might want to think twice.

Visit *smartcookies.com* for more tools that will help you become debt free. If you have direct questions related to your debt e-mail us at smartcookies@metronews.ca.

SmartCookies

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small

Read this week's column at metronews.ca

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Can a plummeting portfolio reduce my taxes?

MoneyMatters

Henry Choo Chong
choochonghcga@yahoo.ca

Q My wife and I are in our mid-50s with two children in university. I avoided the stock market for most of my adult life, but for the past three years, against better judgement, I invested most of my retirement savings in the market because I was convinced of stocks' greater returns. Can I use the decrease in the value of my portfolio to reduce my taxes in 2008? Ben, Ajax, Ont.

A The current financial crisis has crippled many a portfolio. Plenty of Canadians have been looking on helplessly as their net worth slowly continues to erode.

(As an aside, our leaders inform us that we're not in a recession — defined as two consecutive quarters when the economy shrinks or fails to grow — but when you look at your investment statements for the past six months, have they shrunk or failed to grow? Hmm.)

Sale of stocks that have decreased in value is generally considered a capital loss for tax purposes.

Capital losses can be used to reduce capital gains in the current year. Excess capital losses can be carried back three years or alternatively to subsequent years.

Investment losses or gains inside RRSPs cannot be claimed as they are tax sheltered. Outside-RRSP investments must be sold before a claim can be made.

Canada Revenue Agency does not allow a claim for circumstances where stocks have devalued and there is no sale or disposition. Financial experts call this a paper loss, as you haven't lost money until you've locked in the loss and sold.

But while the taxman may ascribe to that argument, best not to try it out on your loan manager, as in: "Well, my real estate and stocks are worth more because I haven't sold them." She won't buy it.

Henry Choo Chong, CGA provides professional accounting and taxation solutions, choochonghcga@yahoo.ca.

Do you suffer from psoriasis?

Allied Research International is seeking people with psoriasis to participate in a clinical research study testing an investigational medication for the treatment of psoriasis.

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Warriors suspend injured Ellis

The Golden State Warriors suspended recently re-signed guard Monta Ellis for 30 games without pay on Saturday for violating his player contract. Ellis, who signed a six-year, $66-million contract in July, underwent successful surgery on his left ankle after a moped accident — a restricted activity in his contract. METRO NEWS SERVICES

Sports

Cherepanov dies suddenly

Alexei Cherepanov, a former first-round draft pick of the NHL's New York Rangers, died yesterday during a game in Russia. He was 19. The six-foot-one, 187-pound Cherepanov reportedly collapsed on the bench of his Avangard Omsk team in the third period of a Continental Hockey League game and died a short time later. No reason for his death was given. THE ASSOCIATED PRESS

SPORTS@METRONEWS.CA

Hammered by homers

ALCS RESULT

Tampa Bay 9 **Boston** 1

B.J. Upton, Evan Longoria and the rest of the Tampa Bay Rays are bashing their way through their first trip to the playoffs.

Upton and Longoria homered off a suddenly shaky Jon Lester, and the power-packed Rays cleared the Green Monster four times to beat the Boston Red Sox 9-1 yesterday for a 2-1 lead in the AL championship series.

Lester, who hadn't allowed an earned run in four previous post-season outings — including last year's World Series clincher against Colorado — gave up four earned runs on eight hits in 5⅓ innings. He gave up an unearned run on Jason Varitek's passed ball in the second, then caused his own problems in the third.

Rocco Baldelli and Carlos Pena also sent shots over Fenway Park's famous left-field wall as Tampa Bay tied the ALCS home run record.

"Three-run homers are nice to get. We were very fortunate," Rays manager Joe Maddon said.

The Rays also hit hard on the basepaths. Carl Crawford bowled over Boston catcher Varitek on a play at the plate — there was no immediate reprisal in a matchup between teams that have tangled in the past.

Matt Garza, the only Tampa Bay pitcher to lose in the first-round series against the Chicago White Sox, made an early 5-0 lead stand up. He held the Red Sox scoreless through six innings before they scored in the seventh. Boston knuckleballer Tim Wakefield faces Andy Sonnanstine in Game 4 of the best-of-seven series tonight.

THE ASSOCIATED PRESS

ELISE AMENDOLA/THE ASSOCIATED PRESS

Tampa Bay Rays' Carl Crawford runs into Boston Red Sox catcher Jason Varitek as he tries to score on a single by Dioner Navarro in the eighth inning in Game 3 of the American League Championship Series in Boston. Crawford was out at the plate.

"Three-run homers are nice to get. We were very fortunate." Manager Joe Maddon

JIM ROSS/THE CANADIAN PRESS

Toronto Maple Leafs Mikhail Grabovski is upended by a pair of St. Louis Blues in yesterday's game.

St. Louis upends Toronto

NHL RESULT

St. Louis 5 **Toronto** 4 (SO)

THE SKINNY: With the Leafs leading 3-1 early in the second period yesterday, Ryan Hollweg took a five-minute hitting-from-behind penalty and St. Louis capitalized, scoring twice. The Leafs would go on to lose to the Blues 5-4 in a shootout.

THE QUOTE: "It's disappointing to see a guy who has a low level of respect for other players." — Blues defenceman Jay McKee on the hit by Hollweg.

THE UNUSUAL: Hollweg was just four-and-a-half shifts into his return from a two-game suspension for hitting from behind.

THE NEXT GAME: The Leafs travel to New York on Friday to take on a Rangers team that is a perfect 4-0.

TORSTAR NEWS SERVICE

76ers extend contracts for Smith, Young
The Philadelphia 76ers announced yesterday that the club has exercised the third-year options on the contracts of forwards Jason Smith and Thaddeus Young. METRO NEWS SERVICES

AC the Absolute Choice

YorkReport

Marty York

marty.york@metronews.ca

The CFL's best teams unquestionably exist in the West, but the league's best player is in the East.

And that's perplexing.

Anthony Calvillo, see, simply wasn't supposed to be this good this season.

In 2007, he turned in a subpar season that he didn't even complete, partly because of off-field woes that included health issues affecting his wife, who was stricken with cancer. There was rampant speculation entering this season (mea culpa) that AC, as he is known, would sputter and flutter in the twilight of his career. He's 36, which prompted some (mea culpa) to suggest AC stands not only for his name but for what he is — an Aging Codger. Yet, as Calvillo led the Als to a romp over the Hamilton Tiger-Cats yesterday, it became clear that he has never in his 15-year-old career played any better than this season.AC is on pace to record a mind-boggling 6,000 yards in passing this season. He already has thrown for a personal-best 38 touchdowns.

Under his leadership, the Als clinched top spot in the East long ago and need only to win the Eastern final on Nov. 15 before appearing in the Grey Cup game right in Montreal on Nov. 23.

I suggested in a recent CFL Report at www.metronews.ca that a dominating defensive lineman, the B.C. Lions' Cameron Wake, should be chosen the league's outstanding player this season. I was premature. AC is the Absolute Choice.

• While Calvillo flourishes, however, his old coach is struggling lamentably, and sources suggest Don Matthews will not be retained after this season.

While he has more wins than any coach in CFL history, Matthews is 0-5 since rejoining the Argonauts this season and, dating back to his Montreal days, has won only once in his past 12 games.

His Argos are all but mathematically out of playoff contention and let's just say he's no Cito Gaston when it comes to Toronto comebacks.

Gaston exhibited first-rate communication skills with the Blue Jays after he was rehired as manager. Matthews, at 69, has lost his communication skills.

"It's like he's on a different planet," one of the Argos told me. "He's not even close to what he used to be."

• Baseball superstar Alex Rodriguez and his wife, Cynthia Rodriguez, are in the final stages of their divorce and have put their Florida house up for sale. Their asking price: $14.876-million U.S.

Their house, near Fort Lauderdale, has six bedrooms, seven full baths, an Olympic-sized swimming pool and a four-car garage. They bought the house in 2004 for $12-million.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Grey Cup halftime

• The CFL is turning to Canadian stars for the Grey Cup halftime show on Nov. 23. Performing will be Theory of a Deadman, Suzie McNeil and Andrée Watters. American Lenny Kravitz starred in last year's game in Toronto.

Owners retire Big Brown

RACES Michael Iavarone, President and CEO of IEAH Stables, confirmed that Kentucky Derby and Preakness Stakes winner Big Brown has been retired after suffering an injury yesterday morning.

"Today was a tough day," stated Iavarone during the teleconference. "We had no choice but to retire him. He's probably going to be in New York three weeks to a month."

The three-year-old injured his right front hoof yesterday morning while training at Aqueduct.

The injury means that Big Brown will not start in this year's $5 million Breeders' Cup Classic versus 2007 Horse of the Year Curlin.

The two have been circling each other for the better part of the year, going back and forth with wins. THE ASSOCIATED PRESS

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Magloire likely out for two months
The Miami Heat confirmed Jamaal Magloire will miss at least six to eight weeks after breaking a bone in his left hand. METRO NEWS SERVICES

Cowboys' Romo out

Dallas Cowboys quarterback Tony Romo has a broken finger on his throwing hand and could be out for up to four weeks.

Romo broke his right pinkie on the first play of overtime in a 30-24 loss at Arizona on Sunday.

The injury leaves the Cowboys (4-2) with 40-year-old Brad Johnson as the starter for Sunday's game at St. Louis. Johnson, who won a Super Bowl with Tampa Bay, hasn't started a game since 2006 in Minnesota.

"Obviously, it's unfortunate for Tony to have to go through something like this. He'll recover quick, he has a great attitude about it," Johnson said. "At this time, it's really just important for the offence especially to just kind of catch on to my snap count, and the way we manage the huddle. ... I'm excited about the opportunity, worked hard to get here."

Coach Wade Phillips said Romo won't need surgery on his finger, and the timing of his return "depends on how fast that heals."

The Cowboys have three games before the open return date of Nov. 9.

ROSS D. FRANKLIN/THE ASSOCIATED PRESS

Dallas Cowboys' Tony Romo gets a pass off around Arizona Cardinals' Adrian Wilson during the their 30-24 overtime loss.

Through Sunday's games, Romo ranks second in NFC passing with a 103.5 rating. He has thrown for 14 touchdowns and been intercepted five times. He had his team-record 14th career 300-yard passing game Sunday in his 32nd start. That broke a tie with Troy Aikman, whose 13 were accomplished in 165 starts.

THE ASSOCIATED PRESS

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Kings' Johnson out up to three months

Los Angeles Kings defenceman Jack Johnson will miss up to three months because of a shoulder injury, the team announced. THE ASSOCIATED PRESS

sports 19

MICHAEL CONROY/THE ASSOCIATED PRESS

Indianapolis Colts Coach Tony Dungy confirmed yesterday Peyton Manning had surgery in the lead-up to the season but denied it had anything to do with the Colts slow start.

Manning had 2 surgeries

Indianapolis Colts coach Tony Dungy confirmed yesterday, after nearly two months of deflecting questions, that Peyton Manning actually had two surgical procedures on his left knee before returning to the field in late August.

Dungy does not believe Manning's second knee surgery was the reason the team had a sluggish start this season.

Manning was not available in the locker room yesterday, a day after the Colts routed Baltimore 31-3, in what was easily his best game of the season.

271

Manning threw for 271 yards and three touchdowns and had his highest quarterback rating of the season at 134.7

Manning typically does interviews only on Wednesdays and after games.

The two-time league MVP has repeatedly said he continues to rehabilitate the knee, in which he had an infected bursa sac removed in mid-July.

Manning missed all of training camp, all of the Colts' five pre-season games and did not return to practice until Aug. 26.

THE ASSOCIATED PRESS

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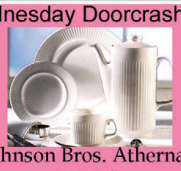
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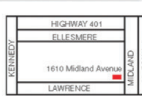

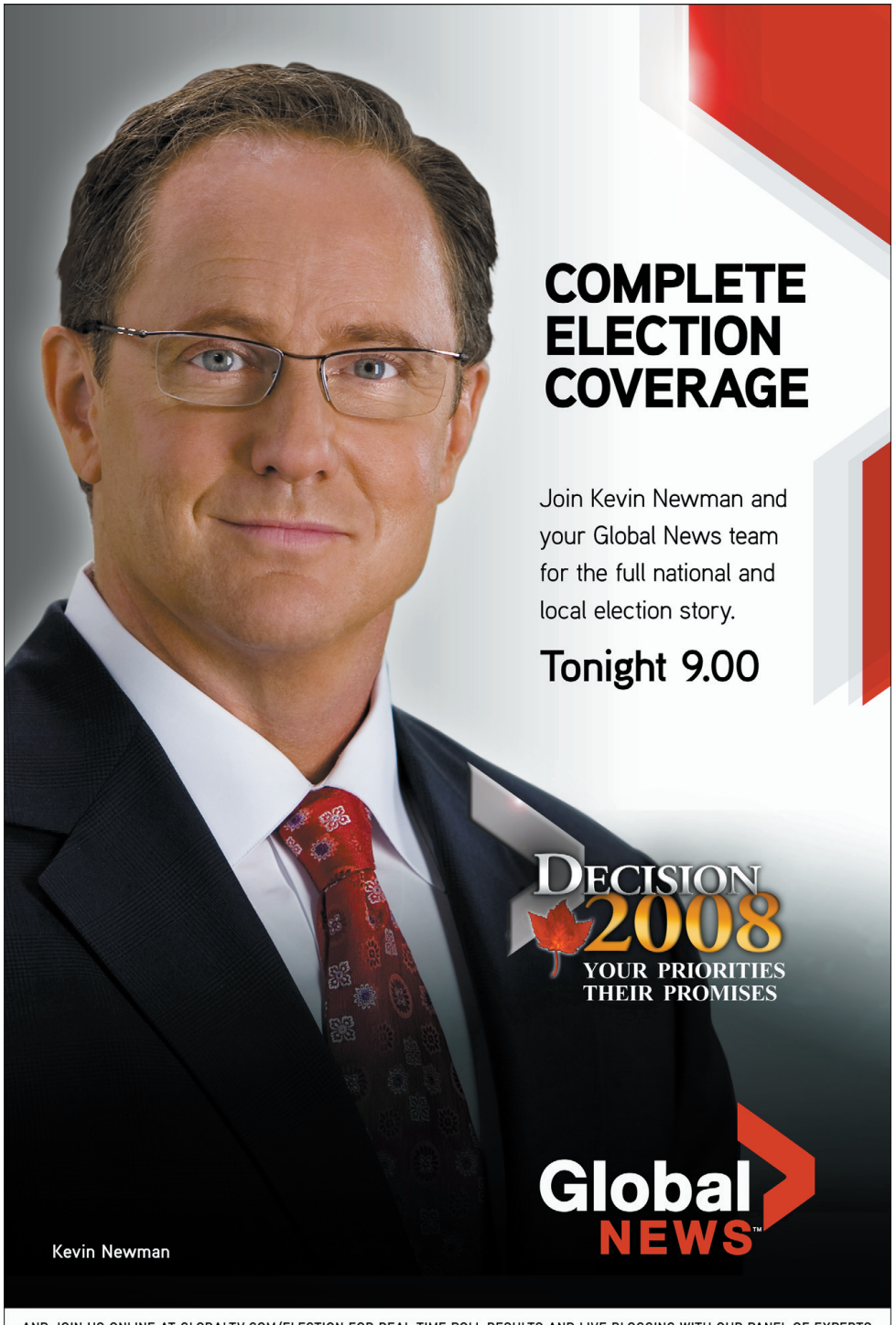

20 sports

BEBETO MATTHEWS/THE ASSOCIATED PRESS

NBA commissioner David Stern confirmed this weekend the league would be cutting 80 jobs in the United States.

NBA cutting jobs: Stern

The NBA is eliminating about 80 jobs in the United States, the first major American sports league to announce layoffs because of the worldwide economic turmoil.

Commissioner David Stern told reporters last month the league would cut staff in anticipation of the downturn. He said Sunday the figure would be about nine per cent of the American work force, and the league confirmed the number of jobs the next day.

"We made the decision some months ago that the economy was going to be a bit wobbly so we began a belt-tightening," Stern said in London. The NBA continues to hire in other countries, he said, as it seeks to grow elsewhere.

THE ASSOCIATED PRESS

SCOREBOARD

MLB

LEAGUE CHAMPIONSHIP SERIES
BEST OF SEVEN
AMERICAN LEAGUE
Tampa Bay vs. Boston
LAST NIGHT'S RESULT
Tampa Bay 9 Boston 1
TUESDAY, OCT. 14
Tampa Bay at Boston, 8:07
THURSDAY, OCT. 16
x-Tampa Bay at Boston, 8:07
SATURDAY, OCT. 18
x-Boston at Tampa Bay, 4:37
SUNDAY, OCT. 19
x-Boston at Tampa Bay, 8:07
(Tampa leads series 2-1)
NATIONAL LEAGUE
Philadelphia vs. L.A. Dodgers
LAST NIGHT'S RESULT
Philadelphia at L.A. Dodgers
WEDNESDAY, OCT. 15
Philadelphia at L.A. Dodgers, 8:22
FRIDAY, OCT. 17
x-L.A. Dodgers at Philadelphia, 8:22
(Phillies lead series 2-1)
x — only played if necessary.

NHL

YESTERDAY'S RESULTS
St. Louis 5 Toronto 4 (SO)
Buffalo 7 N.Y. Islanders 1
Detroit at Carolina
Vancouver at Washington
Montreal at Philadelphia
New Jersey at N.Y. Rangers
Nashville at Chicago

CFL

YESTERDAY'S RESULTS
Calgary 42 Saskatchewan 5
Montreal 42 Hamilton 11

NFL

WEEK 6
SUNDAY'S GAMES
Atlanta 22 Chicago 20
Arizona 30 Dallas 24 (OT)
Green Bay 27 Seattle 17
Houston 29 Miami 28
Indianapolis 31 Baltimore 3
Jacksonville 24 Denver 17
Minnesota 12 Detroit 10
New Orleans 34 Oakland 3
N.Y. Jets 26 Cincinnati 14
St. Louis 19 Washington 17
Tampa Bay 27 Carolina 3
Philadelphia 40 San Francisco 26
San Diego 30 New England 10
YESTERDAY'S GAME
N.Y. Giants at Cleveland

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Learning Curve is a monthly feature that focuses on education and student life.
Next month's issue comes out on Nov. 11.

Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Top chefs

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RICK McGINNIS/METRO TORONTO

Students in George Brown's culinary arts and hospitality programs are getting the chance of a lifetime — to work at The Chef's House, a real restaurant on the school's downtown Toronto campus, where they'll cook food for the paying public.

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'Non-traditional' students may face difficult transition.

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The Chef's House gives George Brown students chance to work in real restaurant

RICK MCGINNIS
rick.mcginnis@metronews.ca

RICK McGINNIS/METRO TORONTO

From left: Student chef Kristy Scime, Oliver Li, chef de cuisine, house manager Heather Dyer and student server Derwent Thomas at Chef's House, George Brown's working restaurant, where students from the cooking and hospitality services schools learn hands-on in a real restaurant.

Like fighting a war or going to jail, you can't really say you know what working in a restaurant is like until you've actually done it.

With this in mind, George Brown is giving the students in its culinary arts and hospitality programs a chance to live the real thing by opening The Chef's House, a real restaurant on the school's downtown Toronto campus, where they'll cook food for the paying public.

John Higgins, the director of George Brown's chef school, says they began planning The Chef's House two and half years ago, when a brownstone building at the heart of the King Street West campus became available. The school already had students staffing their cafeteria, but this was a chance to raise the stakes and test the students in front of actual restaurant patrons, under the supervision of Oliver Li, the kitchen's chef de cuisine.

"This is the most challenging restaurant in Toronto, or maybe North America," Higgins said, "because every day your crew changes. Every day is a new page. There'll be bumps, but we learn every day as faculty, and students will learn as well. This challenges them, and you'll see after two or three weeks [they] will feel very comfortable."

The restaurant is at the heart of ambitious new plans for the cuisine and hospitality programs, Higgins says, and will involve even more input from alumni and industry professionals. "It's not just about the food, it's a celebration culture. We want to create a James Beard House of the north. We have three nights where we're going to have Jamie Kennedy, Michael Stadtlander and Marc Thuet come for a night, but we also want to get alumni that have left in the last four or five years."

Kristy Scime has been working in the restaurant's open concept kitchen since the beginning of September, in preparation for its early November public launch, and says that it's been a challenge from the start.

"It's not just about the food ... We want to create a James Beard House of the north."
John Higgins

"It's quite a lot of work. You come in the mornings and you have to be here right on time — 7:30, upstairs, in your uniform and ready to work. It was a bit of an adjustment, and it starts off pretty quick, you have to get all your prep going. It's pretty great — I've learned a lot in my classes, don't get me wrong, but I've learned so much more here, in the field, cooking for people rather than just learning to cook."

Coursework is available online, so students like Kristy can be flexible with their time outside the restaurant and their off-campus jobs, but their time in the kitchen has introduced them to the hard realities of time management in a real kitchen.

"If you don't get the bread done first thing in the morning, you're not ready for service ... But everyone here is so great, the chefs are so patient with us, and there are a lot of people who are a year ahead of me and I've learned a lot from them. It's not as nerve-wracking as you think, and I love it when it gets busy and you're running around — I kind of feed on that."

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Not easy for new students

ERIC EMIN WOOD
for Metro Canada

University may represent a difficult transition for Canadian high school graduates, but at least they're used to the system. For international students, university may present a language barrier, while older students often have trouble adjusting (or re-adjusting) to modern university life.

JOE RAEDLE/GETTY IMAGES

Transitioning to university may be difficult for both international and older students.

Not every university has a program specifically targeting students outside the Canadian high school graduate archetype, but most make sure existing programs are accessible to "quote-unquote 'non-traditional'" students, says Chris McGrath, assistant dean of student affairs at the University of Toronto's Mississauga campus.

"We develop our orientation events knowing that not everyone in the room is going to be a standard 18-year-old first-year student," he says. "So rather than isolating these students and having them shunted into a specific workshop or an experience that does not include everybody, we tend to cast a broader net, to try and include as many people as possible."

For the international student having trouble speaking English, for instance, McGrath says he would connect them with the university's English conversation program, which is offered through the campus-based International Student Resource Centre.

"We take the approach of presenting ourselves as open and accessible and approachable, so that a student can come to any of our offices and say, 'Listen, here's what I'm dealing with,'" says McGrath. "And whoever's on the receiving end can either say, a) 'Yeah, I can help you,' or b) 'You know what, I can't help you, but I know exactly who can.'"

For older students, McGrath says, he would find ways to connect them with organizations "aligned with their personal interests" and help them develop "the self-advocacy skills they need to engage in conversations with people who lead groups or organizations and say, "I want to be a part of this community but I don't feel like I'm connected because of my age."

Most colleges and universities are equipped to deal with any range of student issues, says McGrath, but students need to ask where they can find help.

"That's often the biggest challenge," says McGrath, "having the confidence to step forward and say 'Listen, things aren't sitting right with me.'

"Once the question's asked, then the university and its services can move into action and help the student along. But if we don't know there's an issue, there's not a lot we can do to help them."

Director pays it forward at York centre

BRIAN TOWIE
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The Jane Street and Finch Avenue corridor isn't quite the Compton-esque war zone that gets portrayed on the 11 o'clock news, though crime plagues its residents more than those living in the city's more affluent neighbourhoods.

That's part of the reason for the establishment of the York University-TD Engagement Centre, a new outreach facility at Yorkgate Mall on the northwest corner of Jane and Finch dedicated to developing the area through education and career counselling, connecting the student body with its surrounding community. The centre offers tutoring, mentoring, tax preparation clinics, guest lectures and legal advice seminars.

It's a win-win situation, says Sue Levesque, executive director for the centre, which opened last month. Jane-Finch residents get access to York's resources, while students get out of the class and learn by doing.

"I like to think of it as kind of a matchmaking service between the university and the community," she said. "It's the perfect opportunity for our students to do some volunteer work, while the community gets staff support to find employment."

"If (crime) is all you hear about, it gives you a very skewed picture of what it's like to live at Jane and Finch."
Sue Levesque

It's a knowledgeable and talented workforce that often and unfairly goes overlooked, says Levesque. It includes immigrants with little money and foreign degrees that aren't recognized here, and youth that, given half a chance, can and will rise above the violent street culture — a dangerous symptom of the poverty and lack of opportunity that exist here, which she argues local media sensationalizes far too often.

"People might be doing something interesting and they'll reach out to the media and there isn't a lot of take-up," she said. "Somebody gets shot, and the media's here in droves. I'm not saying it doesn't happen, because it does and it's terrifying. But if it's all you hear about, it gives you a very skewed picture of what it's like to live and work at Jane and Finch."

Levesque knows the importance of such a venture first-hand. A university education was the key to getting out of the small northern Ontario town where she grew up. As one of the few to do so, she says this is her way of paying it forward.

"I know personally how a university education can change your life," she said. "And I feel obligated to make that opportunity available to anybody who wants to take it. This is a fantastic community, so I have the best colleagues and the coolest job at York."

BRIAN TOWIE/METRO TORONTO

Sue Levesque, executive director of the York University-TD Engagement Centre.

Degree gives weight to obesity fight

There's a new weapon in the fight against obesity: The classroom.

The University of Guelph-Humber is offering a new degree in fitness, which it says is a reflection of an increasingly unhealthy and overweight society.

"We saw lots of reasons that such a program should be formed," says Elaine Popp, one of those who developed and now heads the program at Guelph-Humber, which was about 2-1/2 years in the making.

"We looked to what is going on in society — we see an obesity epidemic and an increase in diabetes and coronary heart problems. You name a chronic disease and it's going up."

All programs at Guelph-Humber, on the college's northwest Toronto campus, give students a double credential when they graduate: In this case, a four-year applied science degree in kinesiology and a diploma in fitness and health promotion.

Seventy-five students were accepted into the first semester of the program, with another 45 who are in a "bridge" program, meaning they've already taken the diploma at Humber but are now completing the degree.

Students take a range of academic courses — from human anatomy and psychology to cell biology and biochemistry — then more hands-on courses in areas such as fitness assessment and exercise prescription, learning how to prescribe "safe, sound and effective exercise programs for somebody," says Popp.

Obesity rates have skyrocketed in the past 40 years worldwide.

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Time more valuable: Poll

JIM REYNO
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You've got to consider benefits, pension, safety, work environment and other factors when you choose your career. But maybe it boils down to this: Time or money.

A new poll by Goodyear Canada has found that one-quarter of Canadian commuters would take a pay cut for a shorter drive to work. And as many as 13 per cent said they've gone so far as to consider quitting their job because of the commute.

Sarah Stevenson of Markham did go that far. She's changed jobs — and taken a $5,000 pay cut — to work closer to home. Instead of spending two hours a day travelling, she now expects a half-hour round trip.

"Getting up at 5:30, six o'clock in the morning, and it's dark and cold in the middle of the winter — it just didn't appeal to me again," said Stevenson, who works in advertising.

"The quality of life you have when you're spending at least two hours a day in the car, if not more — it's not worth it."

According to the poll, Ontario drivers are the most likely to take a lower salary for an easier trip at 28 per cent. Quebec (27 per cent), B.C. (24), Atlantic Canada (21), and Manitoba, Saskatchewan and Alberta (18) follow. Women (27 per cent) are more likely to take a cut than men (24).

As for considering quitting a job because of the long drive, Alberta and B.C. drivers lead at 17 per cent. Quebec (15 per cent), Ontario (12), Atlantic Canada (10) and Manitoba and Saskatchewan (nine) follow. By gender, it's 13 per cent each.

According to the most recent StatsCan findings in 2005, Canadian drivers spend an average of 63 minutes daily commuting round trip for work. And according to the Goodyear poll, that's too long for many of us.

About 40 per cent of those polled say their maximum commute would be half an hour. A 60- to 90-minute work trip? Just 13 per cent say they could hack that. Six per cent say they could live with a commute of 1-1/2 to two hours.

Then you've got the road warriors. Two per cent said they could handle more than three hours a day on the road.

The poll was conducted by Harris/Decima between Aug. 7 and Aug. 17 among 1,000 Canadians, and has a margin of error +/- 3.1 per cent, 19 times out of 20.

Not looking forward to your commute this winter? One-quarter of Canadian commuters would take a pay cut if if meant a shorter — and easier— drive to work, a new study shows.

Contest for commuters

- Goodyear is looking for the Canadian with the longest daily commute to work. The winner gets $5,000 worth of prizes, including new tires and chauffeur service for a day.
- Go to goodyearlongestcommute.ca to enter. Contest closes at 11:59 p.m., Nov. 30.

Workers eye return to school

ERIC EMIN WOOD
for Metro Canada

A recent Monster.ca survey revealed that 87 per cent of respondents would return to school if given the chance.

The findings didn't surprise Julia Hanigsberg, dean of the Chang School of Continuing Education at Ryerson.

"There's lots of reasons people return to school," she says. "Some want to advance in their current careers. Others are looking to change their careers — they've been in a job or an industry for five or 10 years and really want to do something new — and some people just want to add on to their career, do something a little bit different."

As for why more full-timers don't return to school, Hanigsberg says it's not an option for most people to quit work and go back to school. "Most people have financial barriers," she says. "Many have commitments outside of work." And some people, she says, if they have been out of school for 15 years, may be intimidated by returning to the classroom.

Which, Hanigsberg says, makes the benefits of continuing education all the more obvious. At the Chang school, for instance, students can take classes in the evenings, weekends and over the Internet, for an average of $500 per course.

Some students use their existing skills and the knowledge gained in class to move into a new industry. As an example, Hanigsberg cites Alicia Remigio, an illustrator who earned a certificate in design for arts and entertainment at Ryerson and moved onto a successful career in film and TV. She's since worked on a show called the Smart Woman's Survival Guide and Atom Egoyan's film, Adoration.

"I'm not sure if people realize how accessible part-time continuing education is," Hanigsberg says. "Those people who'd like to be doing it but aren't really should explore it seriously, because not only is it possible but it can really bring tremendously rich experiences and rich future potential to people's lives."

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Integrity key to being a life coach

Industry411
education@metronews.ca

Name: Joshua Zuchter
Years of experience: 10
Occupation: Life coach, business consultant, inspirational speaker (joshuazuchter.com)

Q How did you get started in your industry?

A I studied personal growth and self-development courses for over 10 years — how the mind, sub-conscious, behaviour and communication affect the choices we make. After working for five years at a university, I resigned and then began helping people through their life transitions. Eventually, I moved to Toronto, where I built my coaching practice and speaking business.

Q Describe the ideal qualities a person should have to succeed in your industry.

A Integrity, honesty, respect, healthy self-esteem, and a sense of humour.

Q What kind of background, either educational or other, best suits someone starting out in your industry?

A Because life coaching is a non-regulated field, there are three main options:
• Enrol in a life-coaching school that best fits your personality;
• Upgrade your already existing background in counselling and therapy to transition into life coaching;
• Enrol in and explore your own self development, and develop a clear understanding of who you are. You do not have to attend a coaching school to be a great coach, but you do need to understand what makes you tick and, as a result, what makes others tick as well.

Q What are the most challenging aspects of your industry?

A Not being able to help every person who comes for coaching. A coach can merely show the client the door, but the client must be the one to open it.

Also, running a coaching practice as a business: Many gifted coaches close their practice because they have no business skills.

Q What do you like the most about your job?

A Working with a diverse range of individuals from a variety of backgrounds and ethnicities, to locations and interests. Because I work with most of my clients by phone, I have had the flexibility to work with small business owners, pop stars, opera singers, artists, nurses, teachers, students, athletes, and families from across North America.

Q For newcomers to the industry, what tips would you offer them on getting started in their career?

A Hire a business coach and life coach — life coaches benefit from having a coach themselves.

Continue your self growth and personal development. The more you grow, the more you can help others!

Become skilled at running a business.

Find a mentor with whom you can meet with a few times per year.

Q What kind of local associations/organizations/volunteer activities would you recommend for people just starting out?

A I highly recommend taking fee and free teleclasses, a form of seminar delivered via phone conference lines. These are very common in the coaching world.

There are also some great coaching schools and websites including the most well-known: coachville.com, coachfederation.org/ICF, and thecoaches.com.

Joshua Zuchter

Tuition fees rise again

The cost of higher education increased this year for students across the country, with students paying 3.6 per cent more for tuition in 2008-09 than in the previous year, according to a recent Statistics Canada report.

Last year, students across the country paid on average $4,558; this year the national average went up to $4,724. Students in Ontario will be shelling out nearly $1,000 more for their degrees, paying close to $5,643 in the current academic school year.

In Ontario, tuition increased by 4.7 per cent in one year — pushing the limits of the 5 per cent tuition fee cap the province implemented in 2006.

"It's unfortunate to see the levels of Ontario raised to this extent," said Trevor Mayoh, president of the Ontario Undergraduate Student Alliance.

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Katimavik calls for policy

TAGHREED SAADEH
for Metro Canada

Canada's leading volunteer service organization for young people, Katimavik, is calling for a national policy that would allow more young adults to get involved in community organizations.

"Right now Katimavik is facing a lack of funding to meet the costs of participation," says Victoria Salvador, Katimavik spokesperson.

A Katimavik study conducted last March showed Canadians would support a national policy that offered several alternatives, including tuition credits for students or subsidies for organizations that host youth volunteers.

"A youth policy would ... emphasize affirmative action for youth as a strategy of participation and empowerment," Salvador adds.

Robbie Depriest — who volunteered in Jonquire, Que., Hazelton, B.C., and Cochrane, Ont. — emphasizes Katimavik is an opportunity for young people to learn through community volunteering and engagement.

"Katimavik represents everything that makes Canada one of the most beautiful countries in the world," Depriest, 25, said.

For the past 30 years, Katimavik has given more than 28,000 young Canadians the opportunity to volunteer in more than 2,000 communities across the country. Every year, nearly 1,000 young people contribute to Canada's social and economic life by taking part in a nine-month volunteer service program with a community organization.

In 2006-07, 957 participants provided the equivalent of 743,997 working hours in more than 700 not-for-profit organizations, for an estimated value of $11,630,000.

"It is unimaginable that a nation such as Canada, which prides itself on being a progressive and inclusive world leader, does not have a coherent national strategy for engaging its youth," says Salvador.

Course helps foreign nurses

JIM REYNO
jim.reyno@metronews.ca

Effective communication is important in any job. But in the hospital, communicating effectively could save someone's life.

"Especially in our profession, language is really very important," said Reyna Dy, a graduate of a communications course for foreign nurses. "There should always be an open communication between our patients and the nurses.

"We really do ask questions a lot ... It would be difficult for a nurse if you don't have the knowledge of how to make the patient open up for the questions you are asking."

Dy, a native of the Philippines, studied Workplace Communication Skills for Internationally Educated Nurses last year. The 12-week course is part of CARE (Creating Access to Regulated Employment), a program funded federally and by the province of Ontario.

Foreign nurses who have relocated have access to a variety of CARE (Creating Access to Regulated Employment) courses.

Dy took the course evenings at CARE's Toronto office while she was working as a nurse.

"It's really very helpful," said Dy, who works in the labour and delivery unit at Mount Sinai Hospital. "It can really gain you confidence, especially once you already start working ... It can make you understand the way the Canadian people are speaking the language."

Created in 2001, the goal of CARE is to "move the immigrant nurse into the workplace as quickly as possible, " according to executive director Gail Yardy.

Once internationally trained nurses are landed immigrants and have been recognized by the College of Nurses of Ontario, they are eligible for CARE, which also has a pharmacy program.

Foreign nurses who have relocated have access to a variety of CARE courses, depending on their language skills. The most basic is English for Nurses 1, then the more advanced English for Nurses 2.

Workplace Communication Skills for Internationally Educated Nurses builds on the first two courses, specifically for the hospital environment.

"The way the course is designed is not just strictly language, but order taking (over the phone)," said Yardy. "So you're learning the style of health-care delivery at the same time you're learning the language, because it's easier to learn it in the context."

The workplace communication course is available at various locations in London, Hamilton and Toronto. A new program is beginning today at George Brown College.

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Learning Curve is a monthly feature that focuses on education and student life.
Next month's issue comes out on Nov. 11.

Take control to keep from burning out

GetSmart

Tracy Rogers
tracy.rogers@senecac.on.ca

As you begin to approach mid-term exams and assignment deadlines, the pressure of balancing all your tasks can become overwhelming. As a student, you have to juggle not only classes and study time, but possibly also a part-time job, volunteer responsibilities, social activities, housework, and family obligations. Some students even have children to care for as well. No wonder students often feel the effects of stress and fatigue.

It's important to recognize the signs of mental overload or burnout. Exhaustion, either physical or emotional, and prolonged stress can result in feeling discouraged, helpless, pessimistic, and bitter. This may in turn affect your ability to focus, complete assignments and might even impinge on your school work, job and family situation. Therefore, you will want to recognize when you are becoming stressed and take control of these feelings before they overpower you completely.

One way to be proactive is to create a weekly schedule. Simply organizing all your weekly tasks and obligations into an agenda or wall calendar can help alleviate mental stress. When everything is written down, you don't have to worry about trying to remember important deadlines and commitments. Remember when scheduling in your items to plan some time for you; whether that is a social event with friends or time for your hobbies and/or interests.

If your schedule is filling up, and by looking at it you start to feel overwhelmed, see if you can rearrange items and only deal with the top priority tasks first. It's imperative you become assertive about your well-being. Learn to say "no" and to set realistic goals. Sometimes group projects at school may result in one member doing more tasks while other members get a "free ride." Calmly approach your classmates and equally divide the workload. When all else fails, don't be afraid to inform your faculty about any unjust allocation of duties.

Sometimes all you need to do to relax is take a yoga class.

Sometimes all you need to do to feel relaxed is to simply stop the clock, figuratively speaking. While on campus, take advantage of exercise classes such as yoga to help ease your stress. Or go for a walk; even a few minutes of down time can help you re-energize.

Of course, if it all becomes too much to handle and you are no longer feeling like yourself, approach campus counselling. There are many services available to students through the counselling department. Whether it is simply venting or developing stress management strategies, there are trained counsellors available to help.

Understandably, students have a heavy workload and lots of commitments. Be sure to recognize the early signs of stress and burnout.

Remember, your peace of mind and happiness should be on the top of your to-do list.

Tracy Rogers is the Career Services Co-ordinator for Seneca College, Seneca@York Campus.

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Cheating at University of Saskatchewan on the decline
Academic misconduct by students at the University of Saskatchewan appears to be on the decline, despite recent studies finding that over half of PSE students are cheating. METRO NEWS SERVICES

Workology

Campus vote

The president of the University of Moncton's student union is asking the federal government to amend Canada's Electoral Act to allow university students to vote on the campus where they are studying. METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

Tealish takes on the big guys

Little tea shop near Queen West preaches quality in competing with coffee giants

Small Business

BRIAN COULTON
for Metro Canada

If Starbucks could mean the beginning of the end of Kensington Market, Queen Street West has been dead for years.

While the stretch of scenester heaven is full of independent fashion and vinyl retailers, coffee giants are undeniable reminders of corporate café intruders into otherwise novel Toronto neighbourhoods.

But, hope is tucked away on tiny Walnut Avenue, west of Bathurst. Independent tea retailer Tealish is just topping two years old and puts the "Oi!" in rooibos. The small shop boasts 150 loose teas that can be packaged or prepared plus tea accessory lines.

And while co-owner Michel Rachmel, 30, acknowledges the store's many rivals, he maintains the best way to compete is with quality.

"There's always a good move to be made with a high quality product. We don't want a single mediocre tea in our collection," he says.

Rachmel says Tealish uses tea within the top three per cent, quality-wise, in the world. He believes the high-end tea market is untapped in this city; a chief reason he and business partner Laura Chodola, 29, opened the store.

PHOTO SUBMITTED

Tealish boasts 150 types of loose teas.

"Tons of people are drinking tea. That means there's tons of room for everybody to be selling tea and for every segment of the market to be represented," says Rachmel.

One way Tealish caters to different markets is in the design of their teas. Rachmel says fashioning flavours is akin to cooking.

"Nobody wants to eat chicken when you can have chicken with a mushroom and onion sauce and some fresh herbs tossed on top."

After choosing a tea base (like green), Rachmel and Chodola use trial and error to deduce flavours that complement each other. Then, it's on to giving the tea a face.

"You want to try to convey the personality of the teas and these blends because it's a lot more than just water in a cup," says Rachmel. "Instead of saying 'coconut rooibos' we call it Sweetie Pie because it's really sweet and the kind of thing you want to give to your friend or lover."

It's a gift Chapters bookstores wanted to give. After Tealish teas circulated around one of the franchise's offices, they struck a distribution deal, placing the product in their stores nationwide in May. For Rachmel and his burgeoning business, Chapters and Tealish is a perfect match.

"Tea and books are like bread and butter," he says. "It would be great to start that viral buzz in parts of the country where we just can't be. We feel once people try our teas then the hard part is over."

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The Boys' and Girls' Club of London Foundation has established a $500,000 endowment bursary fund for Fanshawe College. Participants of the MAP Program (My Action Plan for Education) can access the fund when applying to PSE. METRO NEWS SERVICES

Cracking safes — legitimately

With no one in town busting lock boxes, James Unsworth decided to do it himself

OddJobs

When James Unsworth was three years old, he accidentally locked himself in the bathroom. His mother called a construction worker from across the street to help and it was only when the boy saw the stranger at the bathroom window did he pass the key under the door, as she'd been asking him to do.

"I guess I didn't want to be in that situation ever again," says Unsworth, now 37, who started working as an apprentice locksmith at 18.

After five years of opening locks to cars and homes, he noticed that no one in the Surrey, B.C., area was cracking safes. With no apprenticeship for this elite skill, Unsworth taught himself by doing it on the job and reading.

Now, through his own business, Solid Rock Safe and Lock, he mainly takes calls from businesses whose safes have been vandalized, people whose mechanism is stuck or owners who have simply forgotten the combination. First thing, he asks for the make and model and sometimes a digital picture by cellphone.

Then he digs into his reference materials to find out all he can about the safe's lock and construction.

If it's a dial — only about half are these days, almost all new safes are digital — Unsworth cracks using a technique called manipulation. Just like the guys in the movies, he turns the dial and listens for clicks. However, the clicks reveal the numbers of the combination, but not the order, and Unsworth needs to use mathematical calculations to figure that out.

If the lock's been ripped off by a botched burglary or it's digital, Unsworth has to get out his special drill. He puts small holes through the lock in strategic places and then inserts a borescope, a flexible tube with a lens on one end and an eyepiece on the other, so he can look at the inner workings of the lock. He then uses special tools to make the mechanism line up.

This process usually wrecks the lock — but not the safe — so he installs a new one when he's done. It takes Unsworth anywhere from 15 minutes to three hours to crack a lock (he hasn't met one he couldn't crack, yet), so no, it's not nearly as fast or as quiet as they portray in the movies.

"If you lock your keys in your car, you don't want to wait 12 hours. But if you've got some business records in your safe, you can usually wait until the next day."

Unsworth would never use his skills to steal, since he makes enough money doing his job legitimately. He also enjoys the challenge and flexibility of his job, which allows him to work part time as a firefighter.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

The Lowdown

Job title: Safe cracker;

Salary: $300 to $3000 per crack;

Education/training: Apprenticing as a locksmith, then reading and research on your own;

Best Part of the Job: "There's a sense of accomplishment when you beat a challenge. There's a sense of exhilaration when the door opens up."

Worst Part of the Job: "Not being sure you can do it."

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Vaccine affects pneumonia and heart attack risk
Adults who have been vaccinated against a common type of bacterial pneumonia appear to have a dramatically lower risk of having a heart attack than those not given the shot in the arm, Canadian researchers have found. THE CANADIAN PRESS

Health

Live Clean expands eco offerings

Live Clean, a vegan collection of hair, hand and body products launched just a year and a half ago, has added seven new items to its lineup. These include the Fresh Water Moisturizing Body Wash ($6.99), far left, Green Earth Firm Hold Styling Mousse ($6.99) and the Sweet Pea Moisturizing Liquid Hand Soap ($4.99). Live Clean products are available at Shoppers Drug Mart, Walmart, PharmaPlus and Loblaws stores across Canada. METRO NEWS SERVICE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Unemployed? Get fit

Employment status can impact health

CELIA MILNE
for Metro Canada

If you are unemployed, under-employed or have a precarious work situation, now is the time to look after your health.

Studies have shown that people who are unemployed or under-employed are more at risk for health problems than those with good jobs, according to Dr. Emile Tompa, a scientist at the Institute for Work and Health in Toronto.

In fact, studies show that "unemployed adults have consistently been found to die earlier than employed adults," he says.

Under-employment is a problem looming for many Canadians. While employment rates in the country are still pretty strong, many of the new jobs are part-time, according to Statistics Canada. Working part-time may be considered under-employment if you'd rather be full-time, if the work is low paying or if you aren't using your skills.

In studies done by Dr. Tompa and colleagues, "individuals with less than optimal levels of employment had higher rates of physical and mental illness compared with those in optimal employment," he says. Inadequate employment tends to be a problem that hits women, visible minorities and people with low levels of education more readily than men, whites and those with a higher education. Different types of underemployment have different health effects. For instance, if you're working too few hours, this has an effect on self-esteem. If you are getting very low pay, this is associated with symptoms of depression.

Under-employment can also lead to excessive use of alcohol. In addition, there is some evidence that lack of a job can have a negative effect on cholesterol, blood pressure and body weight. "The risk of a gain of over 10 per cent in BMI was higher among unemployed adults," reports Dr. Tompa.

If you are unemployed, under-employed or your employment feels precarious, there are things you can do to protect your health. Try to keep stress to a minimum and make sure you have a good social support network. It is also important to eat well, avoid substance abuse and keep fit.

Under- or unemployment can lead to depression and stress. One way to avoid this is to stay fit, a recent study suggests.

Factors that add up to healthy work

Here are the factors scientists have found that add up to healthy work:

- Feeling certain that you'll keep your job.
- Control over the pace of your work flow.
- Having legal protection from unfair dismissal.
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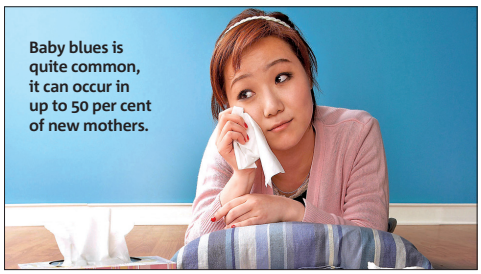
- Training and career advancement opportunities.

CELIA MILNE/
FOR METRO CANADA



Baby blues is quite common, it can occur in up to 50 per cent of new mothers.

Differentiating between baby blues and depression

RESEARCH If you are a new mom, you might feel sad. If you do, you are not alone. A recent article in Medicine describes "baby blues" and its more serious cousins, postnatal depression and puerperal psychosis. Here's the lowdown: Baby blues is quite common. It occurs in as many as 50 per cent of deliveries. The symptoms are depressed mood, irritability and crying. These signs are transient, generally lasting from two to five days. Baby blues doesn't require treatment.

A more serious condition, postnatal depression, occurs in about five to 15 per cent of new moms. Signs are depressed mood, lack of pleasure, poor sleep, poor appetite, suicidal thoughts and self blame. Treatment might include exercise, counselling, cognitive behavioural therapy and antidepressants.

The most serious mental illness affecting new moms is puerperal psychosis. This is very rare, only affecting 0.1 per cent of new mothers. Symptoms include depression and manic behaviour, as well as delusions and hallucinations.

CELIA MILNE/FOR METRO CANADA

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Undergrad girls gain

'Freshman five' seen in students: Study

CELIA MILNE
for Metro Canada

In Canada, girls going away to university for the first time, on average, pack on five pounds in the first half of the year.

STUDY Girls gain weight when they first go away to university. These days, it may not be quite the notorious "freshman 15," but in Canada they are, on average, packing on five pounds in the first half of the year.

Researchers at Guelph University followed 116 girls as they started first-year university. The study took place in the 2004/2005 school year. The girls were weighed and measured in August, November and March. The average weight of the girls went from 135 to more than 140 pounds.

Dr. Janis Randall Simpson (PhD), who led the study, called this weight gain "way higher than what would normally happen in this age group." The students' BMIs also went up, as well as their percentage of body fat and waist circumference.

"(This weight gain is) way higher than what would normally happen in this age group."
Dr. Janis Randall Simpson

The researchers asked the girls about their food intake and activity levels. The weight gain was largely attributed to more time spent at the computer and less time being physically active.

Walking to class, getting off the bus early and taking breaks to walk in between studying were all suggestions that girls could use to avoid the dreaded "freshman five."

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New York City posting calorie ads on subway
New York City is expanding its healthy-eating campaign with subway ads that say most adults should limit themselves to 2,000 calories per day. It's part of a three-month ad campaign. THE ASSOCIATED PRESS

Sexy Sarah Palin

References to governor's sex appeal sign of sexism?

I've only been penning this column for about a month and this is the second time I've written about Sarah Palin. But when I read that Larry Flynt, founder of Hustler, has already shot a porn video using a Sarah Palin look-alike, I couldn't help myself.

There are no less than 40 Sarah Palin videos posted on YouTube that run from the relatively innocent — "Sexy Sarah Palin shows off her sexy legs" — to the obviously cheeky but crude "I masturbated to Sarah Palin."

Type "Sexy Sarah Palin" into Google and you get 1.3 million hits describing her as everything from "America's hottest governor" to "The hot politician." There are manipulated photos of her in a stars-and-stripes bikini holding a rifle, and apparently you can even order "Sexy Sarah Palin" Halloween costumes. Seriously.

It's been said more than once that Sarah Palin has added sex appeal to the American campaign, but this strikes me as a little over-the-top. OK, way over-the-top.

Even Pakistani President Asif Ali Zardari had to admit he thought Palin was "gorgeous," according to a CNN report. When was the last time you heard a world leader comment on the physical appearance of another politician? I'm thinking … never.

Whatever your thoughts of Sarah Palin and however seriously you take her as a politician, the whole thing strikes me as blatantly sexist. Sure, there have been male politicians who have been known for their sex appeal: Bill Clinton, Pierre Trudeau. But I've never seen any pictures of Pierre or Bill in swimwear.

GETTY IMAGES
Gov. Sarah Palin.

When male politicians are referred to as sexy, more often than not, we are referring to his charisma, not his masturbation appeal. If a male politician winks, it is hardly characterized as "semiotic sexual flirtation for middle-aged white guys" as one commentator described Palin's incessant winking during the vice-presidential debate.

The references to Palin's sex appeal are silly and insulting at best, and offensive at worst. I know it's in part because people don't take her seriously and that her almost comic-like gun-toting, gosh-darn-it-let's-get-this-done attitude is an easy target for parody and ridicule, but in a country where women make up less than 30 per cent of the political power, the fact that we think it's OK, even fun, to sexually objectify this woman reeks of pure old-fashioned sexism. And, in 2008, that's not an "ism" anybody should support, whatever your political stripes.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Rogen signs up for Cancer film

Seth Rogen is to appear in a medical comedy. The actor has signed up to produce and appear in I'm With Cancer, which follows the experiences of a man with the disease. FEMALEFIRST.CO.UK

Entertainment

Love interest

Salma Hayek is reportedly delighted after landing a role alongside Alec Baldwin on 30 Rock. The actress will play Elisa, a love interest of Baldwin's character Jack Donaghy. IMDB.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Box office

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theatres, according to Media By Numbers LLC.:

1. **Beverly Hills Chihuahua:** $17.5 million US
2. **Quarantine:** $14.2 million
3. **Body of Lies:** $13.1 million
4. **Eagle Eye:** $11 million
5. **Nick and Norah's Infinite Playlist:** $6.5 million
6. **The Express:** $4.7 million
7. **Nights in Rodanthe:** $4.6 million
8. **Appaloosa:** $3.34 million
9. **The Duchess:** $3.32 million
10. **City of Ember:** $3.2 million

THE ASSOCIATED PRESS

Taking on the president

Oliver Stone's W is the latest film to tap fascination with U.S. leaders

STEVE GOW
for Metro Canada

Just a few weeks before the U.S. election, President George W. Bush will be going to the movies. Well, actor Josh Brolin's interpretation of Bush, anyhow.

When the movie W — Oliver Stone's take on the life of the current U.S. commander-in-chief — hits theatres this Friday, it will be the third such presidential exploration from the controversial filmmaker.

Most people expect a cinematic attack from the staunch liberal, but as Stone himself insisted in a recent interview with the Times, "It is a human portrait of a man, not meant to insult people who believe in what Bush believes in."

No matter what you think of Bush, there's no doubt moviegoers have long had a fascination with seeing presidents on film.

Josh Brolin plays U.S. President George W. Bush in Oliver Stone's latest film W.

Whether it's the seminal 1915 silent movie Birth of a Nation, the Emmy-winning portrayal of an early president in HBO's mini-series John Adams or the upcoming film version of a famous interview in Frost/Nixon, Hollywood has long captured the lives of presidents on TV and at the movies. In fact, over a hundred actors have portrayed real-life presidents in cinema, including Nick Nolte as Thomas Jefferson in Jefferson in Paris, Jon Voight as Franklin D. Roosevelt in Pearl Harbor and Anthony Hopkins in Stone's Nixon.

So why is Hollywood so fascinated? Perhaps it's that the role isn't just a position of authority, but one of cultural iconography. As political scientist Matthew Voorhees wrote in a paper entitled The Celluloid President, "The high media visibility, symbolic value and expectations of strong leadership that characterize the modern president also lay the groundwork for the president to be believable as a broader character type."

As is the case for many films, that doesn't always turn into a positive account, either. In fact, as spin ever-increasingly turns the job of presidency into media spectacle, the public seems to have become more fascinated by the celebrity of the president than by his accomplishments.

When W hits theatres, this obsession will be tested, and interest in the commander-in-chief will be clearly reflected in W's opening box office. How it will fare is yet to be determined, but you can bet that Stone is just hoping it has a better approval rating than the actual president.

Sex Drive lets Amanda Crew get ballsy, crude

BRIAN COULTON
for Metro Canada

Amanda Crew isn't looking for a free ride. The 22-year-old actress says she acts in smaller-scale TV shows, like the B.C.-filmed series Whistler, for the same reason she stars in the new teen comedy, Sex Drive.

She's just looking for a challenge.

"I try to find something within the character or script that will be challenging. I've never wanted to work on something that I didn't care about because I think that shows no worth," says the Langley, B.C., native.

In Sex Drive, Crew plays Felicia, the best friend of protagonist Ian (Josh Zuckerman), who drives across the country with his friends in pursuit of "Ms. Tasty," the online flame he hopes will extinguish his virginity.

While the film is largely catered to mainstream tastes, Crew says she found the film's genre demanding.

"Comedy is a challenge — which I quickly discovered," she says. Despite playing a supporting role in the 2006 romantic comedy She's the Man, Crew found her Sex Drive leading role came with amplified expectations.

"(In She's the Man) it wasn't really laying on my shoulders to make sure the comedy worked. When you're a lead, all of a sudden there's quite a bit more pressure on you to make it work. It was my first leading role in a feature film, so that in itself was a challenge."

Still, Felicia is certainly a befitting role for Crew. The character is a rather atypical lead for a female. She's brunette, ballsy and crude — "My mouth was very dirty when I came back home," Crew laughs.

It was the character's anti-cookie-cutter-qualities that attracted her to the project.

"So often, especially in comedies, the girl in the story is always just a pretty girl-next-door whose job in the movie is for the guy to like her. I love the fact that this character was a leading girl, but she has substance to her."

Crew seeks substance not only when scouting roles, but also in her personal life. Having recently relocated to Los Angeles, she's aware of the locale's paparazzi potential, but says she never got into acting for the frivolity of fame. "Acting is what I love to do. If I do it under the radar for the rest of my life, but I get to work on amazing projects, so be it."

Actress Amanda Crew.

Robbins gets star on Hollywood Walk of Fame

Oscar-winning actor Tim Robbins has been awarded with a star on Hollywood's Walk of Fame. The actor is the 2,371st celebrity to be immortalized on the star-studded stretch of Hollywood Boulevard. **BBC NEWS ONLINE**

'Paparazzo' may be a bad word in Keanu trial

A celebrity photographer wants to make "paparazzo" a four-letter word during his upcoming civil trial against Keanu Reeves.

Lawyers for Alison Silva contend the words "paparazzo" and "paparazzi" are derogatory and would unfairly prejudice jurors against him.

Silva is suing Reeves, claiming the actor caused him to fall while he was taking pictures of the Matrix star in his car in March 2007.

Silva's lawyers want him identified as a "photojournalist" or "reporter" when the case goes to trial later this month. A judge will consider how to label Silva during a hearing next week. **THE ASSOCIATED PRESS**

GETTY IMAGES FILE PHOTO

Britney Spears

Britney: 'What was I thinking?'

PEOPLE If you're wondering what was going through Britney Spears' head during her erratic era, you are not alone — so does she.

"I sit there and I look back and I'm like, 'I'm a smart person. What the hell was I thinking?'" Spears said in an interview to air on MTV on Nov. 30, two days before the release of her new album. "I've been through a lot in the past two or three years, and there's a lot that people don't know."

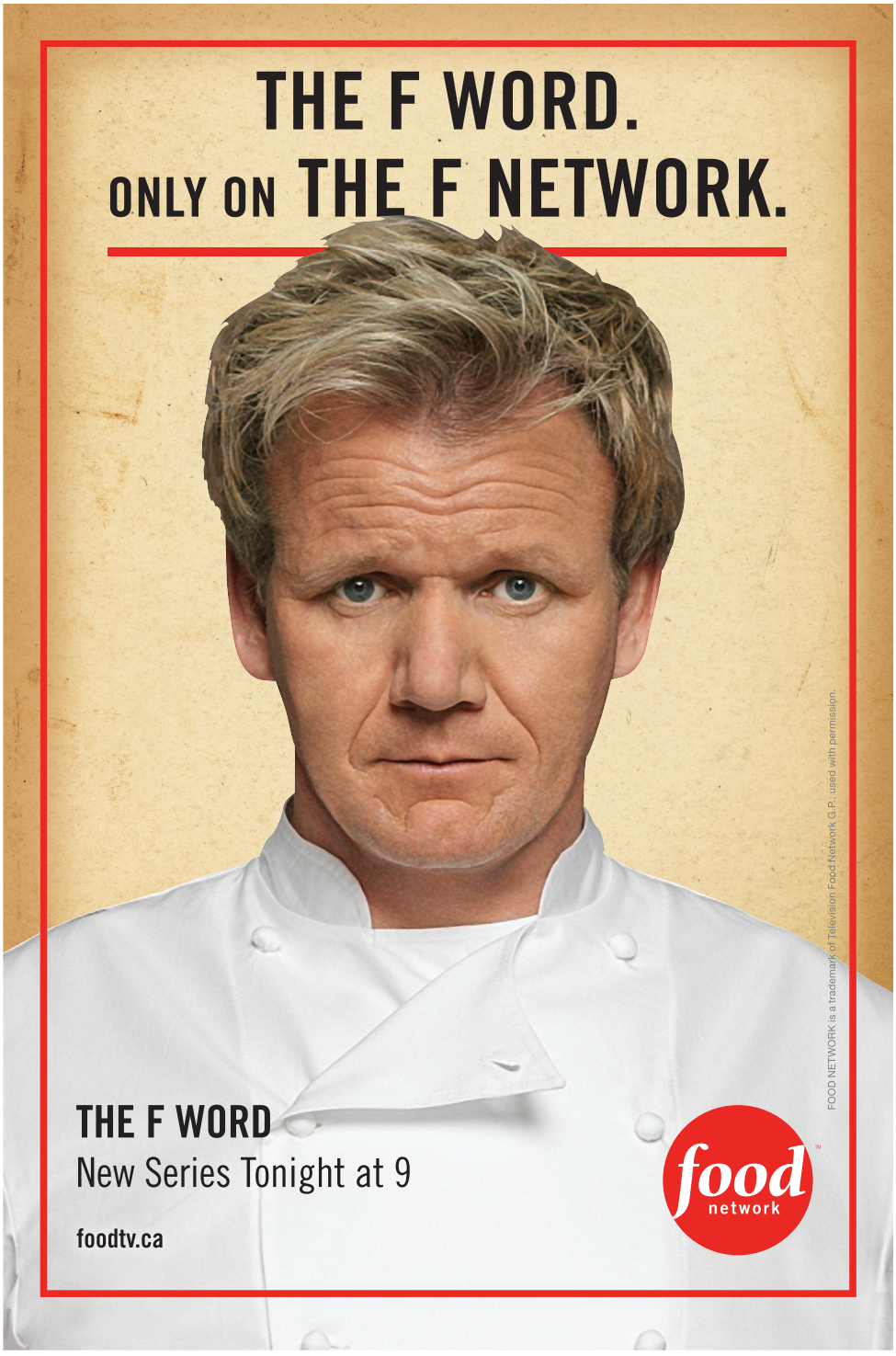
The 90-minute special, Britney: For the Record, was executive-produced by Spears' manager Larry Rudolph. It features behind-the-scenes footage of the singer and her talking about her life over the past two years.

She's got a lot to talk about: In that time span, she has gotten divorced, been through a custody battle, gone to rehab, had very public meltdowns and had one memorably bad performance at the MTV Video Music Awards.

Now on the comeback trail, Spears is releasing her sixth album, Circus, on Dec. 2, her 27th birthday.

Spears says she's hoping this TV special will "set the record straight" about her life.

THE ASSOCIATED PRESS



Simple Plan re-interprets hockey song

MUSIC There was more bass than brass Friday when Montreal rock band Simple Plan blasted out its version of The Hockey Theme for a new video.

Where the version that has resounded in Canadian homes on Hockey Night in Canada broadcasts since 1968 was more of an anthem fit for a marching band, the new take is definitely an energetic, modern-sounding 2008 cut.

"We're keeping it as close as possible to the original, but definitely trying to make it sound like it's Simple Plan playing it, so obviously drums and guitars make a difference," said a pumped guitarist Sebastien Lefebvre.

"We thought it would be really fun and dynamic to get popular Canadian bands to give us their version of Canada's second national anthem."
Mark Milliere

Media got to hear the group's version as it recorded it for a video to be used on TSN.

The network nabbed the rights to the song, which was the staple opening of CBC's Hockey Night in Canada, when the Crown-owned broadcaster failed to put together a deal with composer Dolores Claman earlier this year.

Simple Plan will be the first in a series of Canadian artists to put their stamp on the tune, TSN says.

"We thought it would be really fun and dynamic to get popular Canadian bands to give us their version of Canada's second national anthem," said Mark Milliere, TSN's vice-president of production.

TSN will kick off its slate of NHL games with the "classic" version of The Hockey Theme on Oct. 14, and the Simple Plan version will debut the next night during a showdown between the Montreal Canadiens and the Boston Bruins.

THE CANADIAN PRESS

Canadian Gold voted as new anthem for CBC's Hockey Night in Canada

MUSIC Canadian Saturday nights finally have a new theme song.

After receiving nearly 15,000 entries, the song Canadian Gold, written by an elementary school teacher from Beaumont, Alta., has been voted as the new anthem for CBC's Hockey Night in Canada.

Colin Oberst's winning composition was up against Sticks to the Ice, a piece by 13-year-old Toronto composer Robert Fraser Burke.

Oberst and Burke stood side-by-side as Don Cherry announced the Anthem Challenge winner to a live studio audience in Toronto. The song was then played to kick off the network's Saturday night NHL doubleheader.

"It's intense. To see that animation with Gretzky and Bobby Orr, I was absolutely floored," Oberst said as he was arriving at the Air Canada Centre to take in the game between the Toronto Maple Leafs and the Montreal Canadiens.

The high-profile contest, in which the voting public picked a song to replace the original Hockey Night in Canada theme, was created after CBC lost the rights to the iconic tune earlier this year to TSN.

THE CANADIAN PRESS

Katy Perry to host MTV Europe Music Awards

Singer Katy Perry has been announced as the host of the MTV Europe Music Awards. The event takes place in Liverpool, England, on Nov. 6. **BBC NEWS ONLINE**

Toronto's best selection of costumes, masks, wigs, makeup and accessories

CTV PHOTO

Competitors perform a capoeira-themed routine, complete with machetes and trampolines, on So You Think You Can Dance Canada.

Dance show blows TV audiences away

"Nico, we won't be using the real machetes on this take, OK?"

The boyish but commanding voice of choreographer Paul Becker rings out in the cavernous Showline Studios where the company of So You Think You Can Dance Canada is rehearsing the number that opened the show on Thursday night.

Machetes? What's going on? Hey, Dorothy, aren't we in the land of hip-hop and pop here?

So You Think You Can Dance, the flavour du jour in the world of competition reality shows, began on Fox TV in 2005 and has proved incredibly successful. And just like American Idol begat Canadian Idol, we now have So You Think You Can Dance Canada, which went on the air in September.

The show's executive producer, Sandra Faire, told Canada NewsWire earlier this month that she predicted that the show would really take off once "some of the best dancers I have ever seen" came into contact with her handpicked bunch of Canadian musical stagers, whom she called "some of the best choreographers in the world" and that "viewers will be blown away by their performances."

The set for the show — a mixture of sharply angled shiny surfaces and glittering lights that seems like the Starship Enterprise has collided with the Odyssey 2001 disco from Saturday Night Fever – is filled with a hard-working bunch of Canadian dancers who are attacking each other, inspired by capoeira, the Brazilian martial art form.

And, if you saw the number that made it on to air Thursday, you know that – with Becker in charge of the moves – this ain't your daddy's dance show.

The 20 dancers, boldly costumed and face-painted in a savage style that made them look like the cast of The Lion King doing a slasher movie, leaped over trampolines and onto mats, flashing in and out of camera range with a breathtaking boldness. And although most of the contestants fought with bamboo sticks, there were indeed two dangerous looking machetes.

"We wanted something that none of the audience would expect," Becker said. "Sandra Faire told me she wanted an opening number that would knock the audience's socks off, blow them away."

He grins. "I think I gave it to her."

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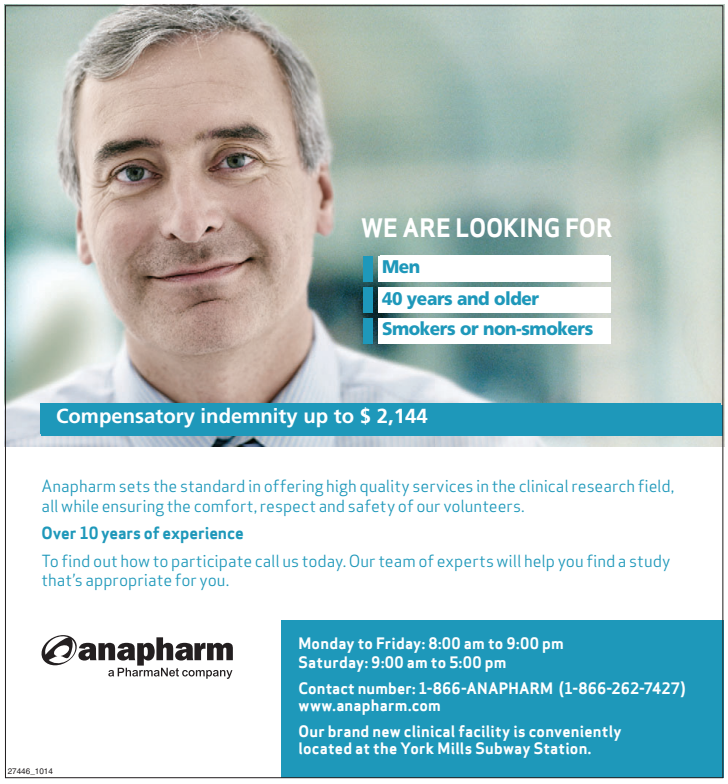

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Wahlberg to stick with acting
Actor Mark Wahlberg has reportedly vowed not to return to his musical roots because he's found his calling as a Hollywood movie star. Wahlberg first rose to fame as a rapper after his 1991 debut with Marky Mark and the Funky Bunch. IMDB.COM

All tools help reach goals

HineSight
Anne Hines

Election 2008

I want to discuss two serious and interrelated issues facing Canadians today.

The federal election and bad squirrel behaviour.

The more pressing one first. Squirrels.

Yesterday, I decided it would be pleasant to take a chair into my tiny city backyard, place it under a shady tree and drink a cup of coffee. On the grand scale of "wild and exotic ways of pursuing happiness," this didn't strike me as setting the bar too high.

Chair placed, coffee in hand I was enjoying the quiet, admiring the glitter of sunlight through leaves, when a ruckus began overhead. A squirrel was hanging sideways from a limb, chattering noisily at me.

A mangy black squirrel. Spiky fur. Bulging eyes. A squirrel equivalent of Mick Jagger. Making more fuss than Stephen Harper at a subsidized arts event.

Unfazed by the criticism and complaining, I've raised teenagers after all, I continued to enjoy the fall sunshine. Eventually, the thing gave up and went away.

Five minutes later, I was hit squarely on the top of my skull by a chestnut.

The squirrel was perched above, peering down, disappointment spread across its little face that I wasn't gone or dead or both.

I stood up and shook a fist. The squirrel decamped to a far branch. I returned to my coffee, telling myself smugly that brawn will always beat brains.

Trying not to think too hard where that placed me, or the squirrel.

Then, a rustling in the tree above. The squirrel peed on my head.

Wherever you go in this vast, diverse world, there are a few gestures that are universally understood. A smile means friendship. A frown indicates sadness.

And I would add to that, peeing on someone's head almost always means, "In your face."

In the battle for ownership of the five-foot patch of grass in my backyard, the score was squirrel: 1, human possessing traits that make her the master race, such as opposable thumbs and credit cards: 0.

I got up, walked with no dignity whatsoever back into the house and took four successive showers.

Which brings us to the federal election. Really.

Getting what you want in life doesn't always come down to how big you are.

Sometimes, the key is being smart enough to make use of every tool at your disposal. So today I, for one, am going out to vote. And then I'm buying a hard hat.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Metallica drummer to sell Basquiat painting

ART Lars Ulrich, songwriter and drummer for the heavy metal band Metallica, is selling a Jean-Michel Basquiat painting from his art collection that could set a new auction record for the artist, Christie's said recently.

Untitled (Boxer) was painted in 1982 by Basquiat, a graffiti artist who died of a drug overdose in 1988 when he was 27. It depicts a black heavyweight fighter with his arms thrust in the air against a graffiti-filled background.

Christie's will offer the work on Nov. 12 as part of its Post War and Contemporary Art sale. Its pre-sale estimate is more than $12 million US.

Ulrich has owned the painting for 10 years.

THE ASSOCIATED PRESS

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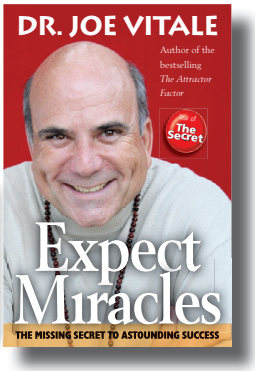

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Billy Bob hates Hollywood

Actor Billy Bob Thornton has vowed never to direct a movie again because he hates the film industry. He will now reportedly dedicate himself to his music career. IMDB.COM

Singer Badu expecting third child

Erykah Badu is pregnant again, usmagazine.com reports.

The singer, 37, announced she is expecting her third child at last weekend's Austin City Limits festival in Texas. She did not reveal the identity of the baby's father.

Erykah Badu

In 1997, she welcomed son Seven with Andre Benjamin (Andre 3000 of the hip hop group OutKast). At the time, her rep said she named her boy Seven because "it's a divine number which can't be divided."

Badu gave birth in 2004 to a girl, Puma. Her rep declined to reveal the father's identity, but denied that the singer named her daughter after the athletic shoe. METRO NEWS SERVICES

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DVD picks

Indiana Jones and the Kingdom of the Crystal Skull

Director: Steven Spielberg
Rating: PG

SOME DISAPPOINTMENT was inevitable with the fourth chapter of the Indiana Jones franchise, since the wait was so long and expectations were so high. But plot quibbles aside, it's still great to see a good old friend come around again.

Indy IV arrives 19 years after we last saw the fedora-wearing archeologist riding off into the sunset at the end of The Last Crusade. This time out, Dr. Jones (played once again by a durable Harrison Ford) finds himself in a rambling plot involving the paranoia of the Cold War, atomic aggression, McCarthyite witchhunts, celestial visitations from little grey men and some heavy mythology about supernatural crystal skulls in a temple deep within the South American jungle.

The convolutions may leave children and series newcomers scratching their non-crystal noggins and parents be warned: the melting faces and man-eating ants may be too intense for tots.

But what a joy it is to watch the talent Spielberg has assembled again at work and play. Shia LaBeouf, Hollywood's current It Boy, is terrific as the motorbike-riding and switchblade-snapping greaser who becomes Indy's new sidekick. And Cate Blanchett adds another notch to her belt with her sexy sword-swishing portrayal of Russian KGB villainess Irina Spalko.

Kingdom of the Crystal Skull ties for second place in the series: it's on a par with Last Crusade and above Temple of Doom, while falling a respectable distance short of the high mark set by Raiders of the Lost Ark.

The movie comes in both double-disc regular DVD and Blu-ray packages, and disappointment is sure to reign. There are no commentaries (Spielberg and Ford hate them) or deleted scenes.

There are many featurettes about the creation of the props and special effects, including those "crystal" skulls that were actually made of urethane — and looked it. Apparently, there wasn't time enough to make even a glass skull, despite the 19-year wait.

But a couple of the featurettes — "The Return of a Legend" and a look at the first day of shooting — provide enough interesting yak from Spielberg, Ford and co-creator George Lucas to help whip the set into reasonable shape.

TORSTAR NEWS SERVICE

Fugitive Pieces

Director: Jeremy Podeswa
Rating: 14A

HOW CAN YOU ENJOY life, knowing others in your family were robbed of a chance to grow old?

Survivor guilt and other restless spirits trouble Fugitive Pieces, Jeremy Podeswa's well acted but dramatically unyielding screen adaptation of poet/author Anne Michaels' award-winning 1997 novel. Toronto writer/director Jeremy Podeswa has chosen a unique work that resists conventional narrative techniques. Podeswa says he felt drawn to make it because his father was a Holocaust survivor.

Jakob (Stephen Dillane), a Polish Jew living in Canada, is unable to shake his unfortunate past. As a 7-year-old child in Nazi-occupied Poland, he narrowly escaped as jackboots attacked his family.

Greek archaeologist Athos (Rade Sherbedgia) took young Jakob under his wing, at great personal risk. He took Jakob first to Greece, from where they later emigrated to Toronto.

Jakob has now grown to be a successful writer of Holocaust memoirs in a grim pursuit he calls "harvesting darkness." He lives with Alex (Rosamund Pike), who lives with a zest for life Jakob can barely comprehend.

For all of the merits of Podeswa's painterly approach to Michaels' source novel, assisted by Gregory Middleton's impeccable cinematography, Fugitive Pieces is curiously drained of drama. The message is uncertain, and some characters are little more than sketches. But the acting is above reproach.

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What engagement?
Singer Jessica Simpson has laughed off rumours she's engaged to football player Tony Romo. IMDB.COM

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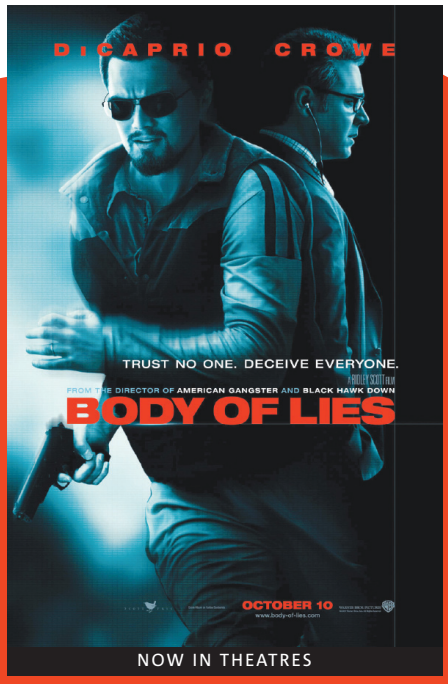

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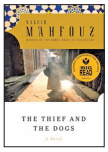
Retribution fuels tale

BookPicks

The Thief and the Dogs

Author: Naguib Mahfouz
Publisher: Anchor Books
Price: $14.95 (Paperback)

FOUR YEARS behind bars may as well be 40. That's the revelation experienced by Said Mahran, an Egyptian nationalist bent on restoring social justice by stealing from the rich.



After he does his time, he realizes the world on the outside isn't the same one he left behind. His six-year-old daughter snubs him, his wife and aide have married, and a former mentor has hypocritically found wealth in business and journalism. The novel, originally published in 1961, sees Nobel laureate Mahfouz assemble through stream-of-consciousness the image of a man set on retribution, no matter what it takes.

Do Gentlemen Really Prefer Blondes?

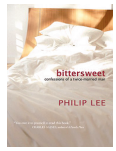
Author: Jena Pincott
Publisher: Bantam Dell
Price: $23 (Hardcover)

HONESTLY, haven't you always wondered if semen makes you happier? Fear not. Do Gentlemen Really Prefer Blondes? answers this and nearly 100 other questions about sex, romance and attraction, all with a scientific basis. Author Pincott explores the senses, sexuality, dating and the brain's role in it all, interspersed with case studies and international examples to substantiate her claims. Whether you want to know if a father's potential can be judged by his face alone, if generously endowed men are more likely to be cheaters or if your sex drive is determined by the season, Pincott has an answer.

Bittersweet: Confessions of a Twice-Married Man

Author: Philip Lee
Publisher: Goose Lane Editions
Price: $22.95 (Paperback)

AS CANADA'S divorce rate hovers around 40 per cent, nearly half of Canadians share marriage's dissolutive pain. Canadian Association of Journalists award-winning writer Lee attempts to bring the suffering to the forefront in Bittersweet. The biographical account recalls the end of his first marriage and how it caused youthful emotionalism to quickly creep upon him. Bittersweet helps Lee lay his life in front of him in an attempt to understand, reconcile and progress.



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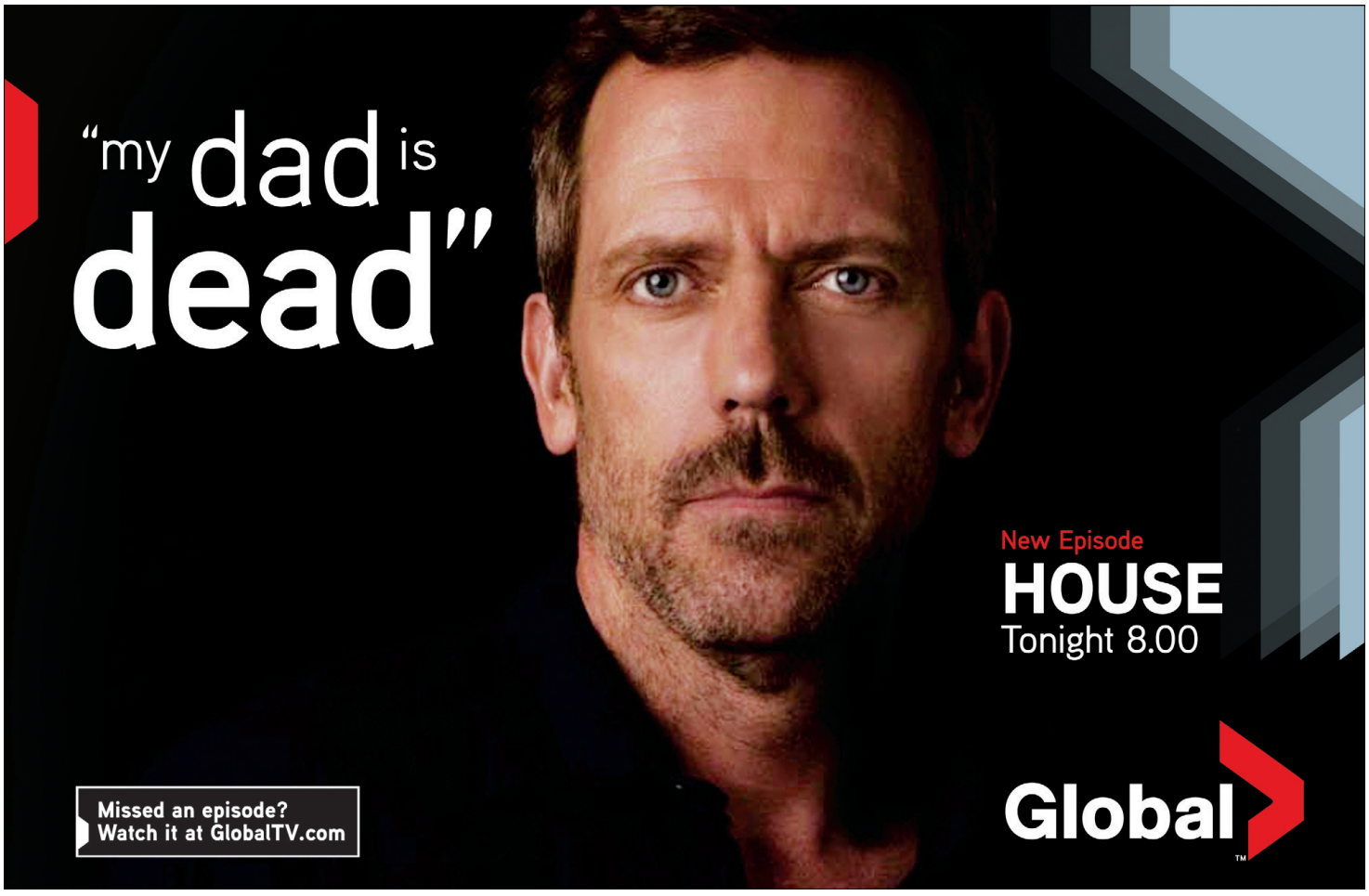

Guns N' Roses sets disc date
Guns N' Roses is releasing its new album, Chinese Democracy, on Nov. 23. EW.COM

Brady star writes book

McCormick reveals all about show, addiction

As Marcia Brady on The Brady Bunch, Maureen McCormick projected an image of the wholesome girl next door. But off camera, she spiralled downward into drug addiction and depression.

FREDERICK M. BROWN/GETTY IMAGES FILE PHOTO

Maureen McCormick's memoir, Here's the Story: Surviving Marcia Brady and Finding My True Voice, is in stores today.

Now 52, McCormick writes about her struggles in a new memoir, Here's the Story: Surviving Marcia Brady and Finding My True Voice, hitting stores today.

She discusses her romance with TV sibling Barry Williams, her dates with Michael Jackson and Steve Martin, cocaine binges and parties at the Playboy Mansion and the home of Sammy Davis Jr., an unwanted pregnancy and trading sex for drugs.

McCormick was 14 when The Brady Bunch debuted on ABC, running from 1969 to 1974. Despite her role as a sunny Miss Perfect, she struggled privately with anxiety and insecurity, the youngest of four children born to a mercurial father who abused and cheated on their mother.

"As a teenager, I had no idea that few people are everything they present to the outside world," she writes in the book, published by William Morrow. "Yet there I was, hiding the reality of my life behind the unreal perfection of Marcia Brady. ... No one suspected the fear that gnawed at me even as I lent my voice to the chorus of Bradys singing, 'It's a Sunshine Day.'"

When The Brady Bunch ended, she took up a hard-partying lifestyle in Hollywood, using drugs including cocaine and Quaaludes. She struggled to regain her earlier success, landing some TV and movie roles, but developed a reputation for unreliability due to her addiction, even botching an interview with Steven Spielberg because she was high. McCormick began getting sober in 1985.

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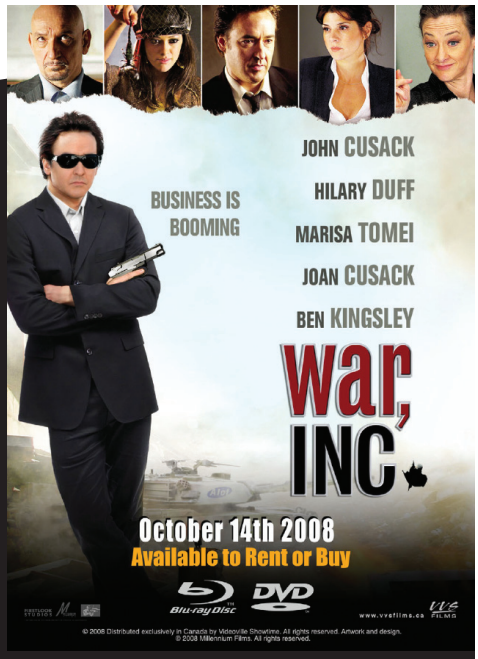

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theatre

BOEING BOEING A Parisian architect juggles three airline stewardess fiancees. To Nov. 23. Wed.-Sat. 8:15 p.m.; Wed. & Sun. 12:30 p.m.; Sun. 6:45 p.m. $51-$79.99. Stage West Hotel Theatre, 5400 Dixie, Mississauga. 905-238-0042.

THE BOX SOCIAL A woman confronts the biggest crisis of her life. Oct. 15-Nov. 1. Wed. 8 p.m. $16; $10 under 18. The Walmer Centre Theatre, 188 Lowther. 647-654-8995.

CARESSES Borrowing from Arthur Schnitzler's La Ronde but updated with more sex and violence, Caresses, by Catalan playwright Sergi Belbel, is the inaugural production of Concentrate in Time Theatre (CITT). To Oct. 19. Tue.-Sat. 8 p.m., Sun. 7 p.m. $20-25; Sun PWYC. Winchester Street Theatre, 80 Winchester. 647-439-3741.

DON GIOVANNI Mozart's portrait of the famous womanizer. To Oct. 31. Wed. & Sat. 7:30 p.m. $60-$290; $20 under 30. Four Seasons Centre for the Performing Arts, 145 Queen St. W. 416-363-8231.

AN EVENING WITH UNCLE VAL The show unfolds as a series of letters narrated by Uncle Val, a crotchety retired fisherman who is forced to live with his daughter's family in suburban St. John's. To Oct. 19. Tue.-Sat. 8 p.m.; Sat. 2:30 p.m. $30-$35; Sat. mat PWYC. Theatre Passe Muraille, 16 Ryerson. 416-504-7529.

FAMOUS PUPPET DEATH SCENES A collection of famous puppet death scenes. To Oct. 16. Mon.-Sat. 8 p.m.; Wed. & Sat. 2 p.m. $5-$30. Young Centre, Michael Young Theatre, 55 Mill, bldg 49. 416-866-8666.

FIBBER Doing yoga halfway up one of the two large, floor-to-ceiling cargo nets that comprise the set of Fibber, one actress asks another if she's even listening to what she's saying. To Oct. 18. Thu.-Sat. 8 p.m. Thu. $18-$20; Fri. & Sat. $22-$25. Theatre Centre, 1087 Queen St. W. 416-260-4660.

FROST/NIXON Dramatization of Richard Nixon's televised Watergate apology. Oct. 13-Nov. 8. Mon.-Wed. 8 p.m. $20-$61. Bluma Appel Theatre, 27 Front St. E. 416-368-3110.

KING LEAR Titular character struggles with the betrayal of his daughters in Shakespeare's tragedy. To Oct. 18. Wed.-Sat. 8 p.m. $12-$20. Hart House Theatre, 7 Hart House. 416-978-8849.

OFFENSIVE SHADOWS Paul Dunn's Offensive Shadows is partly a commentary on and partly a sequel to Shakespeare's A Midsummer Night's Dream. To Oct. 19. Tue.-Sat. 8 p.m.; Sun. 2:30 p.m. Sun. PWYC; $15-$35. Tarragon Theatre Extra Space, 30 Bridgman. 416-531-1827.

A RAISIN IN THE SUN Story of a black family in '50s southside Chicago. Oct. 15-Nov. 16. Wed. 7:30 p.m. $28-$43. Young Centre for the Performing Arts, 55 Mill St, bldg 49. 416-866-8666.

THE SOUND OF MUSIC A love story set in pre-WWII Austria. To Jan. 11. Tue. & Wed., Fri. & Sat. 7:30 p.m.; Wed., Sat. & Sun. 1:30 p.m. $26-$120. Princess of Wales Theatre, 300 King St. W. 416-872-1212.

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PREFIX Projection: A video instalment by Laurent Grasso. To Nov. 22. 401 Richmond St. W., suite 124. 647-430-5888.
STUDIO NINE GALLERY Photos by Andrew Hind. To Nov. 13. 1400 Queen St. E. 416-465-4085.
CONVENIENCE GALLERY Parkdale International Art Fair: Group show. To Oct. 26. 58 Landsdowne. 416-533-8385.
DELEON WHITE GALLERY The Paint of Pleasure: Installation by Sylvana Jaja. To Oct. 25. 1139 College St.
LOOP GALLERY Playing Off the Grid: Paintings by Elizabeth Babyn. Last Garden: Charcoal drawings and reliquary-themed sculptures by Mark Adair. To Oct. 19. 1174 Queen St. W. 416-516-2581.
SIDE SPACE GALLERY Shine: Group exhibit by artists who have been employed at Art Starts Neighbourhood Cultural Centre. To Oct. 30. 1080 St. Clair Ave. W.
ART METROPOLE Reading Machine for Dr. No: Derek Liddington reconstructs Ian Fleming's novel Dr. No to only include a singular moment. Oct. 11, 1-3 p.m. 788 King St. W. 416-703-4400.
C1 ART SPACE All Hallows Group Exhibit: Dolls, mixed media, assemblage, more. To Nov. 2. 44 Ossington. 416-538-7999.
HOTSHOT GALLERY Latin American and Canadian artists explore various modes of seeing. Oct. 9-16. 181 Augusta.
MOCCA BMO 1st Art! Invitational Student Art Competition 2008: Original works of art by student artists. To Oct. 26. 952 Queen St. W. 416-395-0067.
SHOPGIRLS GALLERY Women: Fredrick Watson's homage to women of fashion and the nostalgia of a bygone era of indulgence and finery. To Oct. 31. 1342 Queen St. W. 416-534-SHOP.

comedy

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THE COMEDY HOLE Pro and semi-pro acts. 8 p.m. Amateur open mic show. 10 p.m. Free. The Hole in the Wall Pub, 5867 Dundas St. W. 416-760-7041.
IMPATIENT THEATRE CO. Harold Night w/ WDWMKR, Leroy, Little American Bastards, more. 8 p.m. $5. Savannah Room, 294 College St. 416-975-0845.
SKETCH COMEDY LOUNGE MC Martin O'Brien w/ Lonely Cake, 10 Spaghetti Dinners, Lusty Mannequins, The Newsdesk w/ Ron Sparks. 9 p.m. PWYC. Rivoli, 332 Queen St. W. 416-596-1908.
YUK YUK'S Humber School of Comedy Showcase. 7:30 p.m. Amateur night. 9:30 p.m. $3. 224 Richmond St. W. 416-967-6425.

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Efron denies replacing Radcliffe

Zac Efron is not taking over the controversial starring role in the Broadway play Equus. "No," said Efron, debunking Internet reports claiming he would be replacing Daniel Radcliffe. "I think it's a great role but I was not approached." PEOPLE.COM

Jones opens up about View experience

RICK DIAMOND/GETTY IMAGES FILE PHOTO

Star Jones

Star Jones is speaking out about how she was treated during her departure from The View in 2006, People.com reports.

"Those girls were hateful," Jones says of her former co-hosts.

In a new interview in the November issue of Essence magazine, Jones also opens up about "falling into a depression" after losing her self-titled Court TV show last year; her ongoing dispute with The View creator Barbara Walters ("Barbara set me up"); and her divorce from Al Reynolds, which was finalized in September.

Responding to Reynolds' infamous YouTube videos, in which he stated he "still loves" Star, Jones responds: "I'm not in love with him."

Jones, who laid low after the abrupt cancellation of her Court TV show, is now in talks to make a non-scripted TV comeback. She also talks about getting back to dating.

While she doesn't directly address her new relationship with executive chef Herb Wilson, whom she was photographed kissing in the stands at last month's U.S. Open, she tells the magazine, "I want to fall in love again. I'm ready to love 24/7. I want happiness."

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V heading back to TV
Cult 1980s sci-fi show V is set to return to the small screen. The show, about alien lizards taking over Earth, has been picked up by ABC, which will finance the project, and will reportedly hit screens in the U.S. as early as next year. IMDB.COM

The reality of TV salaries

IntelleVision

rick.mcginnis@metronews.ca

PAYDAY The next time someone tells you that it pays to be nice, it will be useful to remind them that Simon Cowell, the Idol judge who gets the most hate mail, mostly for saying the obvious about contestants, is one of the highest-paid people on television today.

Cowell's paycheque has been big news for several years now, as he's repeatedly up in the fiscal ether with Oprah and Jerry Seinfeld, but it's a story that just won't die, mostly because most people can't figure out just what he does to pull in that kind of dirty green.

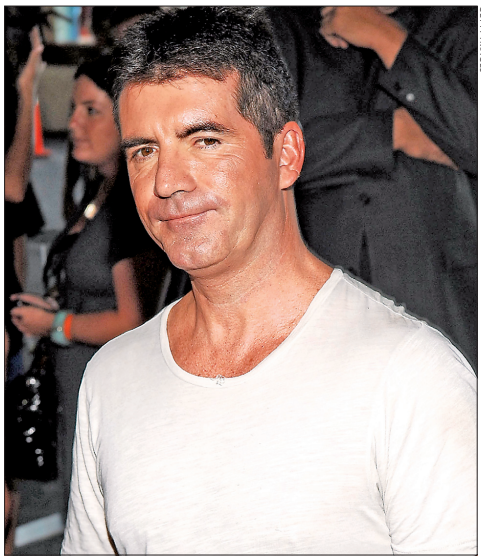
It was Australia's turn to share in the outrage, with an interview with Cowell's friend and onetime boss, Idol and So You Think You Can Dance producer Nigel Lythgoe, the principal thrust of which seems to have been to fathom the Cowell wage enigma.

"I think Simon is now earning something like $36 million US a year from Fox alone," Lythgoe told the Queensland Courier-Mail, "but they can afford to pay him that because at one point we heard (Fox) were getting something like $900,000 and $1 million per 30 seconds in advertising revenue."

Cowell is paid more because he "brings more to the table" than fellow judges Paula Abdul or Randy Jackson, said Lythgoe (talk about stating the obvious), but he's also the superior negotiator, only signing on for year-long contracts and renegotiating them ruthlessly.

It's a tactic that has given Cowell mansions in Beverly Hills and London's Holland Park, a Rolls-Royce Phantom for his chauffeured ride (though he once told Top Gear, the British car show, that he preferred the Maybach) and a Bugatti Veyron as his sporty little runabout.

The Veyron, by the way, costs $1.6 million, has a 16-cylinder engine with four turbochargers and 10 radiators, and was famously showcased on a Top Gear episode hitting 253 mph on a German test track — faster than a Formula One car; it's unlikely that Cowell will ever need a 10th of the power under its hood — not that he probably cares.


GETTY IMAGES

Love him or hate him, Simon Cowell earns a multimillion-dollar salary from Fox for his work on American Idol.

Somewhat related, CNN ran a story recently estimating what TV characters would earn in real life — a subject I find endlessly fascinating, since the first blow a show's credibility usually takes comes in the form of questions like "and she can afford to live in that apartment on her salary?"

Based on statistics mostly sourced from CareerBuilders.com, CNN guessed that Michael C. Hall's Dexter Morgan, serial killer by night, pulls in $47,680 a year as a police forensics expert, less than Julia Louis-Dreyfus' gym owner on The New Adventures Of The Old Christine ($55,201), or Bryan Cranston's high school chemistry teacher on AMC's Breaking Bad ($49,420).

What is really interesting was the salary of Don Draper on Mad Men, earning $41,379 as an advertising creative director, adjusted for inflation, from which he can comfortably be his family's sole breadwinner.

He'd need to earn at least three times that much today to do barely better, which is a testament to the steady but wild rise of both real estate and real consumer goods prices in the last 40 years; and we wonder why he's the one who drinks too much?

Rick McGinnis writes about music, movies, books and television, but not opera.

McCain, Letterman quarrel ends

TELEVISION It appears David Letterman and Senator John McCain have patched up their differences. The Republican presidential candidate is scheduled to appear on Letterman's show on Thursday. It will be McCain's first visit since he angered Letterman by cancelling an appearance on Sept. 24. Letterman was unhappy when McCain sat for an interview with Katie Couric instead of appearing on his show.

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primetime 10/14/08

TO	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	265	353	2 TVO	Undersea Exp.	Parks	The Agenda With Steve Paikin		East West 101 (N)		Chinese School (Part 4 of 5)		Agenda-Paikin
	211	331	3 GTV	ET Canada	Entertainment	House "Birthmarks" (N)		Decision 2008	Decision Canada 2008 The federal election. (Live)			
	215	343	4 OMN1	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6 CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	CBC News Special "Canada Votes 2008" (HDTV) Federal election. (Live)				
	214	344	7 CITY	Law & Order: SVU		Opportunity Knocks (N)		CityVote 2008 (Live)				
	212	313	8 CTV	etalk	Hollywood	Criminal Minds		Election 2008 The results of the federal election. (Live)				
	218	345	11 E!	The Insider (N)	E! News	Knight Rider		Decision 2008	Decision Canada 2008 (Live)			TBA
	137	763	13 TFO	Panorama		Canada	Villages	*Le Beau Serge* ★★★ (1958, Drame) Edmond Beauchamp.		Two/Half Men	King	Carnets d'ex
	-	-	14 -	Cold Case		News (N)		News (N)		Two/Half Men	King	Cold Case
	213	326	15 SUN	Scrubs	George Lopez	*Caddyshack* ★★ (1980, Comedy) Chevy Chase.				To Serve and Protect		Grill Rm.
	-	387	16 CBS	Inside Edition	Hollywood	NCIS "Heartland" (N)		The Mentalist (HDTV) (N)		Without a Trace (N)		News (N)
	-	385	17 NBC	The Insider (N)	Entertainment	The Biggest Loser: Families (N)				Law & Order: SVU		News
	-	386	18 ABC	Wheel-Fortune	Jeopardy! (N)	Opportunity Knocks (N)		Dancing With the Stars		(10:02) Eli Stone (N)		News
	219	346	20 ACH-B	Robson Arms	TMZ (N)	Fringe "Power Hungry"		Election 2008 Federal election. (Live)				
	-	-	28 FOX	Judge Judy (N)	Two/Half Men	House "Birthmarks" (N)		Fringe "Power Hungry"		Seinfeld	Two/Half Men	The Simpsons
	-	388	61 PBS	News-Lehrer	Keeping Up	Nova (HDTV) (N) (DVS)		Frontline "The Choice 2008" (N) (DVS)				Business Rpt.
	297	652	330 WPX	Two/Half Men	Family Guy	90210 (HDTV)		Privileged "Pilot" (HDTV)		CW11 News at Ten		Two/Half Men
	296	654	331 SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil (HDTV)		WBZ News (N)	'70s Show	Frasier	Frasier	Punk'd
	298	653	332 TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Family Guy	Family Guy	Two/Half Men	Two/Half Men	90210
news	502	390	26 NW	CBC News: Around the World		Canada Votes: Your Turn		CBC News Special "Canada Votes 2008" (HDTV) Federal election. (Live)				
	500	500	33 CNN	Lou Dobbs Tonight		CNN Election Center		Larry King Live		Anderson Cooper 360 (HDTV)		
	509	504	79 CNB	Wall Street Crisis: Is Your Money Safe?				On the Money (N)		The Big Idea With Deutsch		Mad Money
sports	405	417	22 net	Sportsnet Con.	MLB Pregame	MLB Baseball American League Championship Series Game 4 -- Tampa Bay Rays at Boston Red Sox.						
	400	400	30 TSN	SportsCentre	That's Hockey!	2008 World Series of Poker		NHL Pregame	NHL Hockey Colorado Avalanche at Calgary Flames.			
	411	457	58 OLN	Ed's Up	Videos	Survivorman		Angry Planet	Flying Doctor	Don't Forget Your Passport		Pilot Guides
	417	406	81 SC	Pinks (HDTV)	Pass Time	Unique Whips		Low Life	SuperCars	Super Bikes!	Super Bikes!	Pinks (HDTV)
family	551	542	25 YTV	Malcolm-Mid.	Home Improve.	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline Proj	Mystery Hnt.
	554	544	45 TEL	George-Jungle	Scooby-Doo	Scooby-Doo	6teen	Total Drama	Futurama	American Dad	Robot Chicken	Rick & Steve
	556	540	51 FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27 W	Will & Grace	Friends	Three Fat Brides		Style by Jury	Style by Jury	How to Look Good Naked (N)		Maxed Out
	570	580	29 MM	Degrassi: Next	So You Think You Can Dance Canada The top 20.				Dance	Be Loud on Oct 14th (N)		Degrassi: Next
	615	520	31 A&E	The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV) (N)		The Cleaner (N)		The Cleaner
	700	800	35 TLN	Centrovetrine	Sky TG 24	Magnifica Italia	Magnifica Italia	48 Ore		Raymond	Raymond	George Lopez
	571	581	36 MMM	mmmtop	Where You At	Fabulous Life Of...		Listed		Don't Forget the Lyrics!		Party of Five
	575	583	38 CMT	Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Cheerleaders
	616	521	39 SHO	About a Girl	About a Girl	The Best Years (DVS)		Testees	Trailer Park	The Shield		House
	620	523	40 BVO	Desperate Housewives		Live at the Rehearsal Hall		Life & Times		Celtic Roots	Numus	Law & Order
	601	562	41 SLC	End of Leash	ET Canada	Wedding SOS	In Laws	Rich Bride, Poor Bride		Tori & Dean: Home		Wedding SOS
	522	506	43 HIS	NCIS "Eye Spy"		Outlaw Bikers		Ax Men		NCIS "Eye Spy"		Crime Stories
	625	548	44 COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	S. Silverman	S. Silverman	Daily Show
	600	564	46 H&G	House Hunters	Property Virgin	Pure Design	Style	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes-Homes
	294	529	47 TBS	House-Payne	House-Payne	*Guess Who* ★★ (2005, Comedy) Bernie Mac.				Steve Harvey	Family Guy	Family Guy
	576	582	49 BET	106 & Park: BET's Top 10 Live		*You Got Served* ★★ (2004, Drama) Marques Houston.				Somebodies	Somebodies	Judge Karen
	627	528	50 SPC	Lost "Born to Run"		Star Trek: Next Gener.		Battlestar Galactica		Rabbit Fall	The Circuit	Stargate SG-1
	581	566	52 MTV	Busted-Girls	After	MTV News	Cribs	Making the Band 4		Paris Hilton's My New BFF		MTV Live
	618	524	54 TROP	Beverly Hills, 90210		Planet Soap	What Happen?	Family Guy	Seinfeld	Seinfeld	King	Family Guy
	603	561	56 FOOD	The Main	Chef at Home	Restaurant Makeover		The F Word		Chef School	At the Table	Restaurant
	261	394	60 V	Murder, She Wrote		Bless-Father	On the Buses	Quantum Leap		A Day of Thanksgiving		MythQuest
	621	527	63 STR	The Ellen DeGeneres Show		TMZ (N)	etalk	The Tonight Show-Jay Leno		Paris Hilton's My New BFF (N)		TMZ
	553	546	65 TRE	Ni Hao, Kai-lan	Nght Grdn	Toot & Puddle	Franklin	Little Bear	Maggie-Beast	Comfy Couch	Rolie Polie Olie	Beren. Bears
	115	711	101 TVA	Occupation	Vidéos	À comm	À comm	Les Federales 2008 Animé par Pierre Bruneau et Claude Charron. (N)				
	126	730	102 RDI	Élections Canada 2008 "La Soirée"				Élections Canada 2008 "Le Choix"				
	526	507	249 CLT	Judging Amy		Killer Next Door		Missing Link		Mysterious Ways		Judging Amy
	300	601	301 M1	(6) *Pirates of the Caribbean: At World's End* (2007)				*The Bourne Ultimatum* ★★★ (2007, Action) Matt Damon.				*Cyborg Soldier*
	305	612	306 PIX	*Felicia's Journey* ★★★ (1999, Drama) Bob Hoskins.				*Boomerang* ★★ (1992, Comedy) Eddie Murphy.				*Highway 61*

critics' corner

Testees
They could have called it "Guinea Pigs," but that wouldn't be as appealing to viewers' inner 12-year-olds. This new sitcom from Kenny Hotz ("Kenny vs. Spenny") stars Steve Markle and Jeff Kassel as roommates who have found an alternative to working for a living: They get paid to test medications, personal care items and other products. Side effects may occur — and they do, with hilarious results. 9 PM on SHO

Felicia's Journey
Hey, it's got Bob Hoskins. That's good, right? This 1999 thriller based on the novel by William Trevor focuses on a caterer (Hoskins) who meets a young woman (Elaine Cassidy) looking for her boyfriend (Peter McDonald). What she doesn't realize is that she isn't the only young woman he's helped ... to abuse. Arsinee Khanjian, Sheila Reed and Gerard McSorley also star. 7 PM on PIX

Daisy bouncing back

Daisy De La Hoya may have had her heart broken in the season finale of Rock of Love 2, when Poison front man Bret Michaels picked Ambre Lake, but the former exotic dancer is getting back in the game on a new VH1 show called Daisy of Love, premiering in the spring. PEOPLE.COM

Celebrity Buzz

Twin bundle of joy for Lisa Marie

MOTHERHOOD Lisa Marie Presley and her husband Michael Lockwood welcomed twin girls last week, People.com reports.

"The babies and mom are happy and healthy and resting at home," rep Cindy Guagenti tells People.

The baby girls were delivered by C-section at 2:46 p.m. and weighed in at 5 lbs., 15 oz. and 5 lbs., 2 oz.

The singer, 40, had said on her MySpace page before the babies were born that she and Lockwood, 47, were "beyond thrilled and blessed, elated and saturated in happiness."

The girls are the first children together for Presley and Lockwood, a musician. Presley, who proudly displayed her baby bump in the September issue of Marie Claire, has daughter Riley, 19, a model, and Benjamin, 15, with ex-husband Danny Keough.

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

J. Lo, Anthony renew their vows Vegas-style

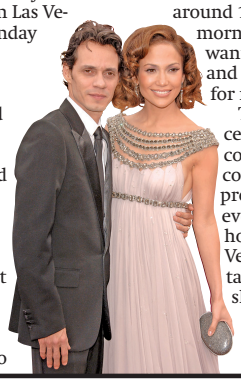
MARRIAGE More than four years after saying I do, Jennifer Lopez and Marc Anthony secretly renewed their vows in Las Vegas early Sunday morning, People.com reports.

Witnessed by two friends, the duo renewed the vows at Caesars Palace's Forum Tower Penthouse at 3:15 a.m., a rep for the hotel confirmed to People.

"It was totally a spur-of-the-moment thing," a source said. "They decided around 12:30 in the morning that they wanted to do it and started calling for ministers."

The renewal ceremony comes after the couple spent the previous evening club-hopping in Las Vegas and taking in a show.

METRO NEWS SERVICES



Moss and musician back on again

COUPLES Supermodel Kate Moss has rekindled her romance with rocker Jamie Hince just two weeks after they split, imdb.com reports. The couple reportedly called off their romance last month in an alleged argument over Moss' party-loving lifestyle and her desire to have another baby. But Moss was spotted enjoying a lunch date with The Kills star in upmarket London department store Selfridges on Friday — their first appearance together in public since their breakup. "They've sorted their problems and are as happy as they've ever been. They have been back together for a good week or so," a source close to the pair says.

METRO NEWS SERVICES

Aniston happy being single

PEOPLE Jennifer Aniston is happy being single, femalefirst.co.uk reports. The former Friends star — who split from musician John Mayer in August — has recently been linked to actors Leonardo DiCaprio and Gerard Butler, but friends insist she is happier being alone.

"Jennifer is not just looking amazing, she's feeling amazing," a friend said. "She's very content right now. She would much rather be on her own than trapped in a miserable relationship with someone who is wrong for her."

The actress turns 40 next year and her friends say she is excited about getting older. "Rather than dreading it, she sees it as a thing to celebrate and be proud of, not scared about," the friend added.

METRO NEWS SERVICES

Mendes: No children, please

PEOPLE Eva Mendes doesn't want to have children, femalefirst.co.uk reports. The 34-year-old actress admits she has no desire to start a family with boyfriend George Gargurevich. "I'm just not that girl who dreams about being a mom. That's a real commitment and a whole lifestyle change," she says.

Mendes also shared her secret to escaping paparazzi. "Don't date other actors. That's the big secret," she says. "If you are famous and you date someone famous, you're screwed."

METRO NEWS SERVICES

celebrity briefs

Farrell: Booze almost killed me

PEOPLE Colin Farrell says drinking almost killed him, femalefirst.co.uk reports. "I'd been drinking since I was 14," he says. "At the beginning of recovery I found it really hard. For me there was no choice. It was tough but I was dying. I was struggling not to have a complete meltdown. I'm glad I'm out of that cycle, I'm very lucky."

Hockey was her first love

SPORTS Alanis Morissette can be tough in her music, but imagine her on skates with a stick, People reports. "I've been a hockey fan since I was fresh out of the womb," Morissette tells NHL.com. "I played street hockey a lot," the singer says.

Paris delays deplaning

VANITY Paris Hilton has taken vanity to jumbo levels, the Daily Mirror reports. The socialite refused to get off her flight when it landed in London last week, insisting she had to do her makeup. "Every other passenger had got off the aircraft but she stayed, telling staff she couldn't be seen in public until she had decided on her outfit," an airport source said. After the effort, the source said: "Paris was red-faced as she came through the airport pretty much unnoticed."

METRO NEWS SERVICES

"This makes no sense at all..."

by Joe O'Neill

Jennifer Lopez and Marc Anthony have "secretly" renewed their marriage vows. It was "secret" in the sense that nobody cares about them, or her butt, anymore. It is not reported whether they also renewed their respective divorce decrees. You'd have to ask Cris Judd, and assorted others, about that one. Sounds like it was a very special evening. Nothing says "eternal love" like vow renewal in the middle of the night at Caesar's Palace's penthouse. If I'm Marc Anthony, I might think twice about summoning a man of the cloth at three in the morning. The minister is likely to take one look at Marc's ghoulish pallor, splash him with holy water and drive a stake through his heart. But, hey, it was Vegas. I'm sure the good reverend was an Elvis impersonator first and foremost. If you're reading this and thinking, "Who cares?" you're not alone. JPez seems increasingly desperate lately to reinvent herself as a triathlon-competing, twin-mothering everywoman. I sense a desperation, multi-pronged publicity grasp in her future. In March, she will shave her head and run the Boston Marathon wearing a pregnancy rumour-generating billowy blouse and hip waders, then set fire to Ben Affleck's childhood home while screaming "I'm still, I'm still Jenny from the Block!" You read it here first.

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[1]When equipped with a 5-speed manual transmission, estimated 2009 ratings, based on GM testing in accordance with approved Transport Canada test methods. Your actual fuel consumption may vary.
[2]Equivalent Chevrolet Aveo model tested. US government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.safercar.gov).
[3]Whichever comes first. See dealer for limited warranty details.

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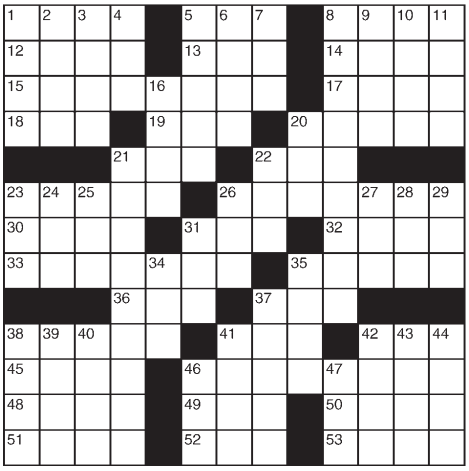

Crossword across

1 Help a felon
5 Witnessed
8 Korean War movie
12 Went on horseback
13 Hasten
14 Chills and fever
15 Periodical
17 "Inconvenient Truth" teller?
18 Pig's home
19 Frequently, in verse
20 Christmas-tree topper, maybe
21 Witticism
22 TV lawyer Stone
23 Coffee additive
26 At a loss
30 Bjorn of tennis
31 Shack
32 Tittle
33 Sports arena
35 Eightsome
36 Rd.
37 Commotion
38 Jerry Herman heroine
41 Expert
42 Taste the wine
45 Foil cousin
46 "Golconda" painter René
48 Set down
49 Past
50 Crazy
51 Otherwise
52 Corral
53 She played Lili Von Shtupp

Crossword down

1 Weaponry
2 Ocean vessel
3 Tense
4 Chamomile, for one
5 Work hours
6 "— We Got Fun?"
7 Teensy
8 Venetian noble
9 Enthusiastic
10 Foolproof
11 Shoe part
16 Speed
20 TV alien
21 A Biblical Mary
22 Chow down
23 Couric's employer
24 Deterioration
25 Epoch
26 Vagrant
27 Parcel of land
28 Schedule abbr.
29 Pop
31 Coloration
34 Wall climber
35 Smell
37 Inert gas
38 Strike from the text
39 October birthstone
40 Oahu souvenirs
41 Senate staffer
42 Old portico
43 Reason to scratch
44 Laborer
46 Chart
47 Sort

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

5			6		2			
7	1						8	9
	2			1		3		
	5		1	6				2
		2				1		
8				9	3		6	
		4		2			9	
1	3						2	4
			5		4			7

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

5	2	7	8	1	6	3	4	9
9	8	4	7	5	3	6	1	2
6	1	3	9	4	2	5	8	7
4	3	9	6	2	1	7	5	8
7	6	2	4	8	5	9	3	1
1	5	8	3	9	7	2	6	4
3	4	5	2	7	8	1	9	6
2	9	6	1	3	4	8	7	5
8	7	1	5	6	9	4	2	3

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SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Recipe of the day

Spinach Salad with Chickpeas

INGREDIENTS:

2 medium onions, cut into 1/2-inch (1-cm) slices
1 can (19 oz/540 ml) chickpeas, drained, rinsed, and patted dry
1/4 cup (50 ml) lemon juice
2 tbsp (25 ml) flaxseed oil
1 tbsp (15 ml) olive oil
1 clove garlic, minced
1/2 tsp (2 ml) salt
1/4 cup (50 ml) crumbled feta cheese
1 package (7 oz/198 g) baby spinach
2 apples, cored and sliced
2 tbsp (25 ml) ground flaxseed

METHOD:

1. Preheat oven to 400 F (200 C). Coat baking sheet with olive oil cooking spray. Add onion slices and coat each with spray. Roast for 10 minutes. Add chickpeas and roast until onions are tender and browned, 10 minutes.
2. Meanwhile, in a measuring cup, whisk together lemon juice, flaxseed oil, olive oil, garlic, and salt. Stir in cheese.
3. Place spinach in a large bowl and toss with onions, chickpeas, apples, and flaxseed. Drizzle with vinaigrette.

PER SERVING:

292 calories, 9 g protein, 37 g carbohydrates, 10 g fibre, 14 g total fat, 3 g saturated fat, 8 mg cholesterol, 476 mg sodium

SERVES 4

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Reader's Digest

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
A health check has an impact on decisions. A dangerous guy gets ahead with a flash of insincerity. Someone wants to have a good cry.

TAURUS
APRIL 21-MAY 21
Have a strong plan to gather your scattered thoughts. If you're not certain — say so. Shun self-indulgent desserts tonight.

GEMINI
MAY 22-JUNE 21
Missing a deadline will cause meaningless anguish. Pay attention to cryptic comments. Cheer up a clever but forlorn person.

CANCER
JUNE 22-JULY 22
Be sympathetic with arrogant people. A ruffian is revealing secrets and lies. Plans must be exposed in a thrilling statement.

LEO
JULY 23-AUG 23
Remain calm if an argument develops. An enemy will back down. Pay attention to oncoming vehicles.

VIRGO
AUG 24-SEPT 22
A mediator inspires a spectacular uproar. A solution isn't what it seems to be. Try to explain the rationale behind a weird choice.

LIBRA
SEPT 23-OCT 23
Be patient and show someone how to get a life. Intimacy develops with those who know the truth. Financial plans will disturb a romance.

SCORPIO
OCT 24-NOV 22
An adversary returns from the middle of nowhere. Prepare to do battle with unreasonableness. A disagreement causes distress and dismay.

SAGITTARIUS
NOV 23-DEC 21
A big shot will be tolerated today. Don't rush in where angels fear to tread. Tranquility will feel peculiar after dark.

CAPRICORN
DEC 22-JAN 20
Someone's bitterness at night is puzzling. Depart from the norm to find a solution. Pay attention to silly complaints and tricky situations.

AQUARIUS
JAN 21-FEB 18
Rely on your wits to stop a ridiculous prankster. Don't risk a sleepless night with an anxiety marathon. Take deep breaths if you're nervous.

PISCES
FEB 19-MARCH 20
A pessimistic pattern emerges after a chat. Free a miserly person from a guarantee. You can survive without an intolerable individual.

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Sun. Nov. 9 (5 Suns)
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Mon. Dec. 8 (Mon-Fri)
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WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Doesn't have car-polishing material (1)
2. Buddy's teeth-holding tissues (1)
3. Battle the conservatives politically (1)
4. Gives aid to swimmer Michael (1)
5. Sorcerer's iguanas (2)
6. Evading being jounced on a bronco (2)
7. Ceremonial procedure usualness (4)

ANSWERS
1. LACKS WAX 2. CHUMS GUMS 3. FIGHT RIGHT 4. HELPS PHELPS
5. WIZARDS LIZARDS 6. DUCKING BUCKING 7. FORMALITY NORMALITY

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